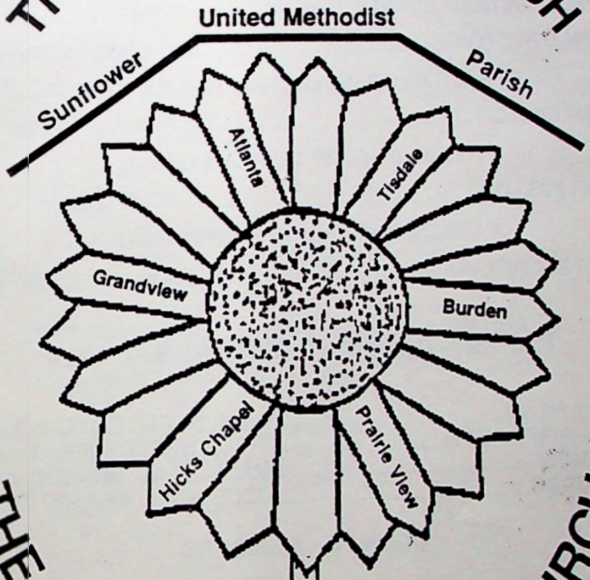
Cookbook
August, 1989

The Sunflower Parish of The United Methdoist Church

The Churches of

ATLANTA • BURDEN • GRANDVIEW •
HICKS CHAPEL • PRAIRIE VIEW • TISDALE

THE SUNFLOWER PARISH



THE UNITED METHODIST CHURCH

CHURCHES OF
ATLANTA • BURDEN • GRANDVIEW
HICKS CHAPEL • PRARIE VIEW
TISDALE

Appetizers & Beverages

Soups, Salads & Vegetables

Main Dishes & Casseroles

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PARISH OFFICE LOCATED AT:

TISDALE UNITED METHODIST CHURCH
ROUTE 4 BOX 124
WINFIELD, KANSAS 67156
(316) 221-2607

The
SUNFLOWER PARISH COOKBOOK
IS LOVINGLY
DEDICATED TO THE MEMORY
OF
THE REVEREND JANET SEVIER GILBREATH
Winfield District Superintendent
1984 - 1988

Through her efforts
the SUNFLOWER PARISH
is a reality

THANK YOU

There are so many people that I want to thank for making this COOKBOOK a reality.

A special thank you to each member of the Sunflower Parish family who took the time to submit recipes to be included in our COOKBOOK. There are also some very special family members who took time out from their busy schedules to proofread and make corrections. Your time and talents are really appreciated.

This entire project has truly been a labor of love and it has all been done in good spirit. I see this as another beautiful example of how God's love is shared throughout the churches of the Sunflower Parish. Each copy of this COOKBOOK comes to you, the owner, with a great sense of gratitude to God for all the blessings that He has given to us, His children.

There are two people who deserve much more than the thank you that I have given them. To Ruth Ann Smith, my partner in life, special appreciation is given for the untold hours she has spent typing and re-typing to give us what you will find on the following pages. To Jan Wheeler, the most important member of our Parish Staff, appreciation is given for all of the extra time and effort in the duplicating of all the pages which go into this book. These two have served above and beyond the call that each of us have heard.

Thank you's also go out to the folks as Hutto Printing in Winfield for working with us in so many meaningful ways. They, too, have made this book possible. To Morris Press of Kearney, Nebraska, for providing the binders, dividers, and information pages at the end of this book. And a special acknowledgement to E. C. McKenzie for his book MAC'S CHURCH PUBLICATION QUOTEBOOK. Many of the saying that appear at the bottom of the pages throughout this work came from this gem.

We lovingly present this COOKBOOK to you as a work of our hands. It comes with our prayers that you might experience good things to eat through these pages and that the God who created it all through us may always journey with you wherever you go.

Thank you for purchasing this COOKBOOK. It helps us in our service to the Lord.

Shalom,
Rev. Gordon Smith
Director, Sunflower Parish

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Published and Printed by

THE SUNFLOWER PARISH

Route 4 Box 124
Winfield, Kansas 67156

This COOKBOOK is not copyrighted

Please feel free to share these recipes with your friends
and
may God bless each person who benefits from our labors

We have tried to make sure that each recipe is correct
In the event you find one in error
WE APOLOGIZE

PRINTED IN WINFIELD, KANSAS
SUMMER, 1989

ONLY EDITION

Party Pleasers

You won't need sugar with your tea if you drink Jasmine tea or the lighter-bodied varieties like Formosa Oolong, which have their own natural sweetness. They are fine for sugarless iced tea, too.

Calorie-free club soda adds sparkle to iced fruit juices, makes them go further, reducing calories per portion.

Substitute half-and-half for light cream, you'll save 10 calories a tablespoon. 80 per half cup.

Most diets call for 8 ounces of milk, 4 ounces of fruit juice. Check your glassware. Having the exact size glass prevents overpouring.

Surprise! If you sweeten breakfast cereal with sugar, you may want to switch it to a pre-sweetened variety. Ounce for ounce, plain and pre-sweetened have about the same calories, so you save by not having to add sugar.

Seeds and nuts, both shelled and unshelled, keep best and longest when stored in the freezer. Nuts in the shell crack more easily when frozen. Nuts and seeds can be used directly from the freezer.

Always chill juices or sodas before adding to recipe.

When milk is slightly soured, add a pinch of soda and it can be used as fresh milk.

When possible, float blocks of ice in punch rather than ice cubes. This not only is more decorative, but also inhibits melting and diluting.

Try placing fresh or dried mint in the bottom of hot chocolate for a zesty taste.

One lemon yields about ¼ cup juice; one orange yields about ⅓ cup juice--this is helpful in making fresh orangeade or lemonade!

Never boil coffee; it brings out the acid and causes a bitter taste.

Store coffee in the refrigerator or freezer to retain the fresh flavor.

Cheeses should be served at room temperature (approximately 70 degrees).

When serving hors d'oeuvres on a silver tray, you may wish to protect it from acids by covering it with a layer of leafy green lettuce.

One quart of soup yields about six servings, unless it is the main course.

APPETIZERS

CHEESE SQUARES

Wilma Anglemyer
Tisdale UMC

1 lb. grated Cheddar cheese
6 eggs
4 oz. chopped green chilies
paprika

Grease 8" square pan. Put 1/2 cheese in pan. Sprinkle on drained green chilies. (Drain green chilie juice into the eggs, if desired.) Sprinkle rest of cheese on top. Beat eggs and pour over all. Sprinkle with paprika. Bake in 350 degree oven 35-40 minutes. Cut in small squares. Makes a great appetizer or party treat.

MEXICAN FUDGE

Sue Simmons
Tisdale UMC

4 c. shredded colby or Cheddar cheese
4 T. chopped pimento
4 eggs, beaten well
2 4 oz. cans diced green chilies
4-6 strips bacon or Sizzlean

Cook, cool, then crumble bacon. Mix all ingredients together in bowl. Pour into greased 8"x8" pan. Bake in 350 degree oven 30 minutes or until set. Keep refrigerated. Cut in squares to serve. Makes colorful snack.

CHEESE BALL

Alene Miller
Tisdale UMC

4 3 oz. pkg. cream cheese
2 jars Old English Kraft Cheese
2 1/2 T. grated onion
3 oz. blue cheese
1 c. pecan pieces
1 t. Accent

Cheeses should be at room temperature. Mix cheeses, onion, worcestershire sauce, and 1/2 c. pecans with hands until well blended. Mold into 2 balls and garnish with remaining nuts. Refrigerate for at least one hour. Serve with snack crackers. TIP: To store, use empty soft margarine container. Place cheese ball on plastic margarine lid, then place margarine container down over it and seal. When serving, leave ball on lid, place on pretty serving plate and garnish with parsley and celery leaves or put crackers around it. This makes it easy to move from place to place.

SUPPORT THE CHURCH WITH YOUR MONEY.
YOU CAN'T TAKE IT WITH YOU,
BUT YOU CAN SEND IT ON AHEAD!

CHEESE ROLL

Imogene Hamlin
Grandview UMC

2 8 oz. pkg. cream cheese
2 t. seasoned salt
1 bunch green onions, chopped, also tops
4 t. worcestershire sauce
pecans
3/4 lb. grated Cheddar cheese

Mix and make into 4 rolls. Roll in finely chopped pecans. Chill before serving.

CHEESE BALL

Sue Simmons
Tisdale UMC

2 8 oz. pkg. cream cheese
1/4 c. finely diced green onion
1 c. 8 1/4 oz. crushed pineapple, drained
minced parsley may be substituted for nuts
1/2 c. finely diced green pepper
1 T. seasoned salt
1 1/4 c. chopped pecans, opt.

Soften cream cheese; mix all ingredients (reserve 1 c. nuts). Chill in bowl for 1 hour, then work into a ball and roll in reserved nuts, or you may use minced parsley instead of the nuts. I usually make 2 cheese balls and have one with each.

CHEESE BALL

Twila Archer
Tisdale UMC

1 8 oz. pkg. cream cheese
1/2 c. finely chopped green pepper
2 T. finely chopped green onion
1 sm. can crushed pineapple, drained
1 t. seasoned salt
2/3 c. chopped pecans

Let cheese set at room temperature. Mix everything except pecans. Shape into 2 balls and roll in pecans placed on wax paper. Put in refrigerator.

HAM AND CHEESE BALL

Marjorie Kadau
Tisdale UMC

1 c. (4 oz.) shredded Cheddar cheese
1 4 1/4 oz. can Underwood Deviled Ham
3 T. Old ElPaso Chopped Green Chilies
2 T. finely chopped scallions
1 3 oz. pkg. cream cheese
1/2 c. chopped walnuts

Have cream cheese at room temperature. In a small bowl, combine Cheddar cheese, cream cheese, deviled ham, scallions, and chilies; mix well. Shape mixture into a ball; roll in chopped nuts. Wrap in plastic wrap; chill. Remove from refrigerator to soften slightly before serving. Serve with crackers. Makes 1 (2 c.) cheese ball.

HIDDEN VALLEY RANCH CHEESE BALL

Debbie Moon
friend of Parish

1/2 c. prepared double strength Hidden Valley Ranch Milk Recipe Original Salad Dressing (1 pkg. 1/2 c. mayonnaise, 1/2 c. milk)
8 oz. shredded Cheddar cheese, room temperature for 1 hour
6 oz. cream cheese, room temperature for 1 hour
5 oz. sliced almonds, toasted (opt.)

Mix double strength dressing and cream cheese; beat with mixer; add Cheddar cheese and blend. Cover and place in freezer 30 minutes, then shape into ball and roll in almonds.

CHEESE BALL

Sue Boling
Grandview UMC

2 oz. jar Armour Star Dried Beef
1 1/4 t. Accent Seasoning
1 8 oz. pkg. cream cheese
3 green onions and tops, chopped
1 t. worcestershire sauce
1 3 oz. pkg. cream cheese

Have cream cheese at room temperature. Mix all together except dried beef. Chop beef fine, then mix together (set aside small amount of dried beef for outside of ball). Serve with crackers.

PINEAPPLE CHEESE BALL

Debbie Moon
friend of Parish

2 8 oz. pkg. cream cheese
1/4 c. chopped onion
1 T. seasoned salt
1 8 oz. can crushed pineapple
1/4 c. green pepper
chopped nuts

Have cream cheese at room temperature. Mix all ingredients well (can add nuts to the mixture as well). Chill mixture for about an hour; form into ball, roll in nuts. Enjoy!

PENNY SNYDER'S CHEESE DIP

Cathy Hamlin
Grandview UMC

2 8 oz. pkg. cream cheese
1 T. finely chopped onion
1 sm. can crushed pineapple
1 T. finely chopped green pepper
1 T. seasoned salt

Mix all ingredients together and shape into a ball.

A Christian is not necessarily a person who is better than someone else,
but one who is better than they would be
if they were not a Christian.

7 LAYER MEXICAN DIP

Maureen Moore
Burden UMC

First layer: 3 cans Frito Bean Dip, mashed
Second layer: 3 sm. avocados
Third layer: 4 T. mayonnaise, 4 T. sour cream, 2 T. taco seasoning; mix together
Fourth layer: 1/2 lb. shredded Cheddar cheese
Fifth layer: 1/2 lb. shredded Monterey Jack cheese
Sixth layer: 2 bunches green onion, chopped
Seventh layer: 2 tomatoes, chopped

Other ingredients can be added such as green chili peppers or olives. Refrigerate and serve with tortilla chips.

TEX MEX DIP

Dee Morland
Burden UMC

2 cans bean dip
3 avocados
1 T. lemon juice
1/2 t. each salt and pepper
1 pkg. taco seasoning mix
1 c. sour cream
1 c. mayonnaise
1 c. grated Monterey Jack cheese
1 c. black olives, pitted and sliced
1 tomato, chopped

Mash the avocado; add lemon juice, salt, and pepper; set aside. Mix sour cream, mayonnaise, taco seasoning and let chill to thicken. To serve, layer bean dip, avocado mix, sour cream mix, grated cheese, sliced olives, and chopped tomato. Looks attractive in a glass container. Serve with Nacho or Dorito chips.

TACO DIP

Michielle Chilcott
Atlanta UMC

1 avocado
8 oz. cream cheese, room temperature
1 c. sour cream
green onion, chopped
green pepper, chopped
tomatoes
lettuce cut fine
grated cheese

Mash avocado, add cream cheese and sour cream; mix until smooth. Pour into glass 9"x13" dish. Layer in order: onion, green pepper, tomatoes, lettuce, and cheese. Serve with tortilla chips.

Am I one of those church members who know the Shepherd
as well as I know the twenty-third Psalm?

LAYERED TACO DIP

Debbie Moon
friend of Parish

1 lb. can refried beans with sausage
1/2 moon of shredded Cheddar cheese
4-5 green onions, chopped
1/2 c. mayonnaise
1/2 head lettuce
2 tomatoes, chopped
1 c. sour cream
1 pkg. taco seasoning

Spread beans onto 10" plate; mix sour cream, mayonnaise, and seasoning and spread over beans; layer remaining items in order. Serve with tortilla chips.

MEXICAN AVOCADO DIP

Gretchen Conway
Burden UMC

1 can refried beans with sausage
salt, pepper, and garlic salt to taste
1 c. sour cream
1/2 pkg. taco seasoning
1 c. shredded Cheddar cheese
3 ripe avocados, mashed
3 T. lemon juice
1/2 c. salad dressing
3 tomatoes, chopped
1 can ripe olives, sliced
1 lg. bunch green onions with tops, chopped

Spread the refried beans in the bottom of a 9"x13" pan. Mash the avocados with the lemon juice, salt, pepper, and garlic salt; spread over the beans. Mix the sour cream, salad dressing, and taco seasoning together and spread over the avocado mixture. Spread onions, tomatoes, and olives over the sour cream mixture. Top with shredded Cheddar cheese. Refrigerate until ready to serve. Serve with your favorite taco chips.

CREAMY VALLEY DIP

Marjorie Kadau
Tisdale UMC

1 c. cottage cheese
2 T. skim milk
1 1/2 t. Hidden Valley Salad Dressing Mix (original buttermilk version is best)

Blend all but salad dressing mix in blender and blend; add dressing mix and blend.

CUCUMBER DIP

Wendy Dolsen
Atlanta/Prairie View UMC

1 cucumber
1 small onion
1 envelope unflavored gelatin
1 c. mayonnaise
1 stalk celery
1 green pepper
3 T. water

Mix all in blender.

SPINACH DIP

Erma Roberts
Tisdale UMC

1 sm. pkg. frozen chopped spinach
1 pkg. Knorr Vegetable Soup Mix
1 1/2 c. sour cream
1 8 oz. can water chestnuts, finely chopped
1 c. mayonnaise
2 green onions, chopped

Wring spinach very dry in paper towels. DO NOT COOK. Mix all other ingredients. Let stand one hour in refrigerator before serving. Serve with wheat thins or wheat crackers.

CREAMY SPINACH DIP

Sue Simmons
Tisdale UMC

1 c. mayonnaise
1 8 oz. can water chestnuts, chopped
1 pkg. frozen spinach, well drained
1 c. sour cream
1 onion, chopped fine
1 pkg. dry vegetable soup mix

Mix all together and chill. Serve with fresh vegetables and crackers.

SOURDOUGH BREAD DIP

Sue Simmons
Tisdale UMC

2 8 oz. pkg. cream cheese
2 T. sour cream
1 t. dry mustard
1/2 c. chopped parsley (fresh or dried)
2 T. Parmesan cheese
1 loaf round sourdough bread
2 T. mayonnaise
1/8 t. garlic salt
2 t. lemon juice
1 5 oz. jar sliced dried beef
1 t. paprika

Soften cream cheese; chop dried beef into 1/2" pieces; mix all ingredients together for dip except Parmesan cheese, paprika, and bread. Cut a circle from the top of bread; save top for lid. Scoop out bread, leaving a 1" shell. Place dip inside bread shell; sprinkle with Parmesan cheese and paprika. Put lid on bread and wrap the whole filled loaf with aluminum foil. Bake in 350 degree oven 1 hour. Serve with fresh vegetable, scooped out bread pieces, chips, etc. Serve warm from oven.

CHILI CON QUESO

Gretchen Conway
Burden UMC

Velveeta cheese
ground beef, browned and drained
jar of salsa

Put all together in crockpot (amounts can be determined by how much dip you want to make). Mmmm... this is delicious warm on chips!

CARAMEL DIP for Apples
from Ruth Finley

Cathy Hamlin
Grandview UMC

3/4 c. brown sugar
8 oz. cream cheese
1/4 c. white sugar
1 t. vanilla

Mix well with mixer. Slice apples and dip in!

EASY FRUIT DIP

Marian Hedges
Burden UMC

8 oz. pkg. cream cheese, softened
1/2 t. cinnamon
5-6 T. brown sugar

Mix all ingredients well. Cut apples or other fruit into bite size slices. Dip into mixture. NOTE: At Christmas time provide red and green apples for dipping.

TURKEY JERKY

Leona Skelton
Tisdale UMC

3 lbs. ground turkey
2 1/2 T. Tender Quick
1 T. liquid smoke
2 t. coarse ground pepper
1 T. chili powder
1 t. onion powder
1 t. garlic powder
1 t. red pepper
1 t. Tabasco

Mix all ingredients together. Let set for 1 hour to blend flavor. Then roll out the turkey between two sheets of wax paper to 1/8" thickness. Place on a paper towel-lined cooking sheet and cook in 200 degree oven 30 minutes. Flip the jerky over onto a clean paper towel and cook for another 30-45 minutes or to desired dryness. Then let cool and cut into strips. Spices can be reduced or increased according to personal taste. (The paper towel will not burn in the oven.) NOTE: This quick and easy! Delicious and kids love it! Ground beef may also be used in place of ground turkey.

OYSTER CRACKER SNACK

Alene Miller
Tisdale UMC

1/2 c. Wesson oil
1/2 t. dill seed
1 envelope dry Hidden Valley Original Salad Dressing Mix
1/2 t. garlic salt
1/4 t. onion salt

Mix all ingredients together and let stand for 30 minutes. Place 1 14 oz. pkg. oyster crackers in bowl; pour oil mixture over crackers and stir until coated. Place in covered jar. Will keep as a snack for several days.

OYSTER CRACKER SNACK

Cathy Hamlin
Grandview UMC

1 c. oil
1/2 t. garlic salt
1 pkg. Original Flavor Ranch Dressing Mix
1 t. dill weed
1 24 oz. pkg. oyster crackers

Mix oil, garlic salt, dill weed, and dressing mix and pour over oyster crackers; mix well and let set 1 hour.

CRISPY MIX

Cathy Hamlin
Grandview UMC

4 slices bacon, diced
4 c. Cheerios
2-3 drops liquid smoke
1/2 c. grated Cheddar cheese

Fry bacon until crisp; pour over remaining ingredients and toss well.

PEOPLE CHOW

Cathy Hamlin
Grandview UMC

6 oz. milk chocolate chips
6 oz. semi-sweet chocolate chips
1 c. creamy peanut butter
1/2 c. oleo
1 box crisp breakfast cereal
2 c. sifted powdered sugar

Combine chips, peanut butter, and oleo and melt over low heat. Pour over cereal and toss well. Place cooled, coated cereal in brown paper bag and add powdered sugar; shake until coated. Cool and store in airtight container.

CHIPMUNK SNACK MIX

Myrtie Miller
Tisdale UMC

Mix 1 (5 oz.) Dixie Fun Cup of granola with 11/2 Dixie Fun Cup each of flaked coconut, raisins, and chopped walnuts. OPTIONAL: Chopped dates, slivered almonds, dried fruit pieces (my favorite is apricots), Cheerios, M&M's, chocolate chips, etc. Use your imagination! To make large quantity, I use measuring cup to measure.

IF YOU WANT TO CONVINCE OTHERS
OF THE VALUE OF CHRISTIANITY–
THEN LIVE IT EVERY DAY!

Courage makes both friends and foes.

AUNT ELAINE'S NUTS AND BOLTS

Gretchen Rogers
Tisdale UMC

2 sticks butter (not margarine)
1 t. celery salt
1/2 t. garlic salt
3 c. Rice Chex
3 c. thin stick pretzels
2 T. worcestershire sauce
1 t. onion salt
4 c. Cheerios
3 c. Wheat Chex
2 c. dry roasted peanuts

Melt butter; add spices; pour and gently toss this mixture over dry ingredients. Bake in 250 degree oven 1 1/2 hours, gently stirring every 30 minutes. Store in airtight container after ingredients have cooled.

RICE KRISPIE SQUARES

Michielle Chilcott
Atlanta UMC

3/4 c. white syrup
1/2 c. peanut butter
5 c. Rice Krispies
3/4 c. sugar
1 t. vanilla

Bring syrup and sugar to boil; remove from heat and add peanut butter and vanilla and stir until blended. Pour over Rice Krispies; stir to blend; press into buttered 9"x13" pan.

MARSHMALLOW TREATS

Isabelle Sauer
Tisdale UMC

1/4 c. butter or margarine
5-6 c. Rice Krispies
7-10 oz. regular marshmallows (about 40) or 3 c. miniature marshmallows

Melt butter in 3 qt. saucepan; add marshmallows and cook over low heat, stirring constantly, until marshmallows are melted and mixture is well-blended. Remove from heat; add Rice Krispies and stir until well coated. Press warm mixture into buttered 9"x13" pan. Cut into squares when cool. Yields 24 squares.

INDOOR S'MORES

Judy Kunkel
Tisdale UMC

2/3 c. Karo light corn syrup
1 pkg. Nestles Real Milk Chocolate Morsels
1 10 oz. pkg. Golden Grahams Cereal
2 T. margarine or butter
1 t. vanilla
3 c. miniature marshmallows

Butter 9"x13"x2" baking pan; heat corn syrup, margarine, and chocolate morsels just to boiling in 3 qt. sauce pan, stirring constantly; remove from heat; stir in vanilla. Pour over cereal in large mixing bowl; toss quickly until completely coated with chocolate. Fold in marshmallows, 1 c. at a time. Press mixture evenly in pan with buttered back of spoon. Let stand until firm, at least 1 hour. Cut into about 1 1/2" squares. Makes 48 squares.

CARAMEL CORN

Hilma Eastman
Tisdale UMC

3-5 quarts popped corn
1 stick oleo
1/2 t. salt
1 c. brown sugar
1/4 c. white syrup
1 t. soda

Cook oleo, salt, brown sugar, and white syrup to hard ball stage; remove from heat and add soda. Pour over corn. Put corn in 225 degree oven for 1 hour. Stir occasionally. Store covered.

CARAMEL CORN

Erica Morris
Burden UMC

4 qt. popped popcorn
1/2 t. salt
1/2 c. margarine
1/2 t. soda
1 c. brown sugar
1/2 t. vanilla
1/4 c. white corn syrup

Pop corn as you normally do. Mix until smooth remaining ingredients except soda and boil 5 minutes. Remove from heat and add soda. Mix; immediately pour over corn and coat. Bake in 250 degree oven 1 hour in greased pan.

SUGAR POPCORN

Marjorie Kadau
Tisdale UMC

1/2 c. popcorn
3 T. hot oil
1/2 c. sugar

Mix all together and pop corn. Can use red hots or 1/2 t. of maple flavoring.

CARAMEL CORN

Vada Whitehill
Prairie View UMC

2 sticks margarine
2 c. brown sugar
1/2 c. corn syrup (light or dark)
1/2 t. soda
1 t. vanilla
6 quarts popped corn

Bring margarine, brown sugar, and corn syrup to a boil stirring constantly. Boil 5 minutes without stirring (lower heat). Remove from fire and add soda and vanilla. Pour over 6 quarts popped corn and mix. Put in a shallow pan and bake at 250 degree oven for 1/2 hour, stirring every 10 minutes.

The GOLDEN RULE is of little value unless you realize
that you must make the first move.

EASY CARAMEL CORN

Isabelle Sauer
Tisdale UMC

1 c. brown sugar
2 T. light corn syrup
pinch of salt
1 stick oleo
1 t. vanilla
1 gallon popped corn

Bring to boil sugar, oleo, and syrup and boil 1 minute. Remove from heat and add soda and vanilla. Pour over 1 gallon of popped corn. Heat in 250 degree oven 1 hour, stirring occasionally.

EASY CARAMEL CORN

Dana Thomson
Grandview UMC

1/3 c. popping corn
1/2 c. miniature marshmallows
(8-10 lg. marshmallows)
1/2 c. brown sugar
6 T. margarine

Pop popping corn. Stir sugar, margarine, and marshmallows over low heat until melted. Pour immediately over popped corn. Stir well.

MICROWAVE CARAMEL POPCORN

Peggy Shields
Tisdale UMC

4 qt. popped corn
1 stick oleo
1/2 t. soda
1 c. brown sugar
1/4 c. syrup

Put popped corn in large brown paper bag. Cook brown sugar, oleo, and syrup; add soda; stir well. Pour over popped corn in sack; shake well and fold top down; place in microwave 1 1/2 minutes; shake sack well and return to microwave another 1 1/2 minutes. Shake well and cool. Leftover stays good in covered container.

MICROWAVE CARAMEL CORN

Tina Chilcott
Atlanta UMC

8 c. popped popcorn (1/2 c. unpopped)
1/2 c. brown sugar
1/4 c. oleo
1/4 t. vanilla
2 t. syrup
1/4 t. salt
1/4 t. soda

Put popcorn equally in 2 bowls. Set aside. Put in quart container the brown sugar, oleo, syrup, and salt. Microwave 1 1/2 minutes; stir. Microwave for 2 more minutes, stirring at 1 minute intervals. Add the soda and vanilla; stir. Divide mixture evenly over the 2 bowls popcorn; stir. Microwave each bowl 2 minutes, stirring at 1 minute.

MICROWAVE CARAMEL CORN *Norma Trobaugh, Burden UMC*

1 stick oleo
1 c. brown sugar (packed)
1/4 c. white syrup
1/4 t. salt

Boil above ingredients 2 minutes on high and add: 1/2 t. soda. Stir and pour over 4 quarts of popped corn. Mix in large pan. Pour in paper bag. Cook 1 1/2 minutes on high; shake and cook 1/12 minutes on high; shake, stir and eat.

MICROWAVE CARAMEL CORN *Ruth Ann Skelton, Tisdale UMC*

1 c. brown sugar
1/4 c. white corn syrup
1/2 t. vanilla
3-4 qts. popped corn
1 stick butter or margarine
1/2 t. salt
1/2 t. soda

Combine all ingredients, except soda and popcorn, in 1 1/2 - 2 qt. dish. Bring to a boil, then cook on full power 2 minutes. Remove from microwave and stir in soda. Put popped corn in brown grocery bag. Pour syrup over corn. Close bag and shake. Cook in bag on high in microwave for 1 1/2 minutes. Shake and cook another 1 1/2 minutes (may need another 1 1/2 minutes, but 3 minutes in my microwave is usually enough). Let cool in bag and few seconds before removing, then pour into pan and allow to cool.

POPPYCOCK *Willa Jean Oliver, Burden UMC*

"You can't stop eating it!"
1/2 c. butter or oleo
1/2 c. corn syrup, white or dark
2/3 c. nuts
1 c. white sugar
12 c. popped corn

Boil oleo, syrup, and sugar together in a heavy pan until thick; pour over corn and nuts; mix well. Spread on greased cookie sheets to cool. Break up into small clusters and enjoy.

HAM/SWISS CHEESE SANDWICHES TO BE FROZEN *Vada Holt, Prairie View UMC*

1/4 lb. oleo
1/2 c. chopped onion
ham
12 buns
1/4 c. mustard
2 T. dill seed
Swiss cheese

Combine and spread oleo, onion, mustard, and dill seed on bun. Add a slice of Swiss cheese and shredded ham. Wrap to freeze for later use. To eat, place in 300 degree oven for 40 minutes. Makes one dozen sandwiches.

FRENCH LOAF CHEESE SANDWICH

Ruth Miller
Tisdale UMC

1/3 c. softened butter or margarine
1 lb. shredded mozzarella cheese
10 oz. shredded sharp Cheddar cheese
1/2 c. grated Parmesan cheese
1 lg. or 2 sm. French bread, split
8 oz. cream cheese softened

Mix cheese and butter in bowl. Spread mixture on bottom half of French bread, top with top half. Wrap in aluminum foil. Bake in 350 degree oven 25-30 minutes until cheese is melted and warmed through. If assembled in advance and refrigerated, longer heating time will be required.

HAM/TURKEY SANDWICHES

Marilyn Miller
Tisdale UMC

12 slices thin rye bread
thinly sliced ham, shredded
1 8 oz. pkg. cream cheese
mayonnaise
1 c. ground turkey
dijon mustard
1 T. chives

Mix turkey with mayonnaise until turkey is moist. Mix cream cheese with chives. Spread 1/4 turkey mixture on slice of bread. Spread mustard on another slice of bread; lay 2-3 slices ham on turkey and lay bread on ham. Spread 1/4 cream cheese mixture on another slice of bread and lay on top of turkey-filled sandwich. May be served as a meal or cut into quarters and served as appetizers. Makes 4 sandwiches.

SMOKED TUNA SPREAD

Leona Skelton
Tisdale UMC

1 sm. can tuna, rinsed and drained
1 8 oz. pkg. cream cheese, softened
2 stalks celery, finely chopped
1/4 finely chopped cucumber (opt.)
1 T. liquid smoke
1/4 t. garlic powder
2 green onions, finely chopped

Place all ingredients in a small mixing bowl; mix on slow speed until smooth, then on medium speed for 1 minute till creamy. Place in small bowl and cover with chopped pecans or almonds. Serve with a variety of crackers as a spread. Serves 6-8 people. It is hard to believe this is tuna since the liquid smoke hides the flavor. I've taken this on a number of occasions and always get these "I don't believe it" looks when I tell them it has tuna in it. This can be made with salmon too.

With some people a clear conscience is nothing more than a poor memory.

BEVERAGES & PUNCH

HOT CHOCOLATE MIX

Nellie Craig
Burden UMC

8 qt. pkg. powdered milk
1 c. or 7 oz. coffee creamer
1 sm. box instant chocolate pudding
1 lb. instant cocoa
3/4 c. powdered sugar

Mix well. Use 1/3 c. of mix and fill cup with hot water. Add marshmallows if desired.

HOT CHOCOLATE MIX

Willa Jean Oliver
Burden UMC

1 lb. Nestle's Quik
1 8 qt. pkg. instant nonfat dry milk
16 oz. jar coffee creamer
1 lb. box powdered sugar

Mix all ingredients and store in covered container. To serve, pour 1/4 c. dry mix in a cup and fill with hot water and stir well. I've had this recipe for years. Always nice for friends who don't drink coffee.

HOT CHOCOLATE MIX

Sarah Jo Sympson
Tisdale UMC

1 8 qt. pkg. instant nonfat dry milk
1 2 lb. box instant cocoa mix
1 8 oz. jar coffee creamer
1/2 c. sifted powdered sugar

Combine thoroughly and store in tightly covered container. Use 1/3 c. mix to 1 c. hot water. May top with marshmallows.

COCOA MIX

Imogene Hamlin
Grandview UMC

4 lb. box instant powdered milk
4 c. powdered sugar
2 t. salt
12 oz. Coffeemate
2 lb. Nestle Quik

Mix well and store in large container. Use 1/4 c. per 8 oz. of hot water, or as much as you desire.

The difference between a conviction and a prejudice
is
you can explain your conviction without getting angry.

FIRESIDE MIX

Leona Skelton
Tisdale UMC

2 c. sugar-free instant hot cocoa mix
1 c. decaf. instant coffee
1 1/2 c. sugar
1/2 t. nutmeg
2 c. nondairy creamer
1/2 t. cinnamon

Mix together with mixer. Use 3-4 heaping t. to cup of boiling water.

EASY-PERK SPICED CIDER

Joanne Black
Burden UMC

1/2 gal. cider or apple juice
16 whole cloves
3 sticks cinnamon
16 whole allspice
1/2 c. brown sugar
few grains salt

Pour cider or juice into electric percolator. Combine remaining ingredients in percolator basket and perk through cycle. Serve hot. Makes about 15 punch cups.

HOT MULLED CIDER

Leona Skelton
Tisdale UMC

1 gal. apple cider
1 qt. pineapple juice
24 cloves
2/3 - 1 c. sugar
1 qt. orange juice
1 c. lemon juice
4 sticks cinnamon

Heat and serve. Makes 24 8 oz. servings.

SPICED CIDER

Leona Skelton
Tisdale UMC

1 gal. cider
1 c. brown sugar, scant
2-3 cinnamon sticks
2 c. cold water
1 t. whole cloves
handful of red hots

In bottom of percolator put cider and water. In basket put sugar, cinnamon, cloves, and red hots. Perk and serve.

NEVER PART WITHOUT LOVING WORDS.

THEY MIGHT BE YOUR LAST.

TINY TIM'S WHIM (hot)

Lois Starkey
Burden UMC

8 c. cider
8 c. cranberry juice
1/2 c. sugar
6 whole cloves
1 cinnamon stick
4 whole allspice berries

Combine cider, cranberry juice, sugar, and spices in a saucepan. Heat until sugar is dissolved. Cool. Reheat and serve in punch cups. Garnish with thin strips of orange rind threaded onto cinnamon sticks. For best results, prepare the day before serving. Makes about 1 gallon.

LIME FROST

Leona Skelton
Tisdale UMC

1 29 oz. can pineapple grapefruit juice
2/3 c. lemon juice (or 1 can lemonade)
1 qt. lemon-lime pop
1 3 1/2 oz. pkg. unsweetened lemon-lime Kool•Aid
2 c. sugar
2 qt. cold water
2 pt. lime sherbet

Combine juices, sugar, and Kool•Aid in cold water and stir until dissolved. Freeze until slush, about 9-10 hours. If frozen, let set out 2 hours. Put in punch bowl and add pop and sherbet.

ORANGE JULIUS

Matthew Pilkington
Grandview UMC

1 c. milk
6 oz. can unsweetened orange juice concentrate
ice
1 c. water
1 t. vanilla
2 T. sugar, opt.

Put all ingredients in a blender jar. Add ice to fill blender. Whirl until ice is small. Serve immediately.

DELICIOUS PUNCH

Sarah Jo Symposon
Tisdale UMC

3 pkg. lemon-lime Kool•Aid
1 lg. can pineapple juice
1 lg. bottle gingerale
4 1/2 c. sugar
4 qt. water

Color may be controlled by flavor of Kool•Aid used. If you want to make a frozen party ring for a punch bowl, use frozen lemonade with small amount of water added. Therefore, you do not water the punch down. Serves 50.

MIX AND MATCH ICE CREAM PUNCH

Cathy Hamlin
Grandview UMC

1 qt. whole milk
1/2 c. sugar
1 pkg. flavored drink powder
1 qt. ice cream
24 oz. 7-up

Combine milk, sugar and powder. Stir in ice cream and 7-up just before serving. About 30 servings. Try different flavors of ice cream, drink powder and soft drinks for variety.

BLUE PUNCH

Cathy Hamlin
Grandview UMC

(originally from Inez Hittle)
2 12 oz. cans frozen lemonade concentrate
1 12 oz. can pineapple juice, not frozen
1 1/2 - 2 c. sugar
1 pt. pineapple sherbet
blue food coloring
12 oz. gingerale

Mix lemonade as directed. Add pineapple juice, sugar, and blue coloring. Just before serving add sherbet and gingerale.

PERK-A-PUNCH

Wendy Dolsen
Atlanta/Prairie View UMC

1 46 oz. can unsweetened pineapple juice
1 bottle cranberry juice (1 1/2 qt.)
1/2 c. brown sugar
2 T. whole cloves
1 lemon quartered
1 qt. water
3 cinnamon sticks
2 whole nutmegs, crushed

Mix juices and water in coffeemaker. In basket put sugar, cloves, cinnamon, lemon, and nutmeg. Perk until done. Serve.

SLUSH PUNCH

Wendy Dolsen
Atlanta/Prairie View UMC

1 pkg. Kool-Aid, any flavor
12 c. water
1 sm. can frozen lemonade
2 c. sugar
1 sm. can frozen orange juice

Mix together and freeze overnight. Take out 1 hour before serving. Add 1 qt. gingerale.

When will we ever learn to support the things we support
with the same amount of energy
that we use to oppose the things we oppose.

FROZEN SLUSH WEDDING PUNCH

Dee Morland
Burden UMC

4 c. water
3 3 oz. pkg. Jello
2 46 oz. cans pineapple juice
3 6 oz. cans frozen lemonade concentrate
4-6 bottles gingerale, 7-up, or club soda
4 c. sugar
5 c. boiling water
4 c. ice

Combine 4 c. water and sugar. Boil for 5 minutes. Dissolve Jello with boiling water and add ice. Use the color of Jello to represent the color of punch desired. Add lemonade concentrate and pineapple juice. Pour all together. Put into containers to freeze. (I use Schwan's ice cream containers, Tupperware, and get containers from Dairy Queen.) This can be frozen and made weeks ahead before the wedding or reception. To serve, let container warm to room temperature. Slice chunks of frozen punch and put frozen chunks in punch bowl. Pour gingerale, 7-up or club soda over frozen punch pieces. Serves 50.

RUDOLPH'S REWARD

Lois Starkey
Burden UMC

1/4 c. sugar
3 1/4 c. water
6 c. cranberry juice
1 1/2 c. orange juice
juice of 1 lemon
6 c. gingerale

Combine sugar with 1/4 c. water in a saucepan. Heat until sugar is dissolved. Remove from heat and add remaining water, orange juice, and lemon juice. Chill. Just before serving, add gingerale or club soda. Garnish with clove-studded orange or lemon slices. Makes about 1 gallon.

FRUIT SLUSH

Phyllis Nichols
Tisdale UMC

1 king size bottle of 7-up
1 6 oz. can frozen orange juice
1 No. 2 1/2 can crushed pineapple
4 bananas, diced but not too small
1 6 oz. can frozen lemonade
1/2 c. sugar
1 lg. box frozen strawberries

Thaw everything and mix. Freeze. Remove from freezer 30 minutes or more before serving time. Serves 15 or more.

The only time sympathy is ever wasted is when you give it to yourself.

CRANBERRY TEA

Peggy Shields
Tisdale UMC

2 qt. cranberry juice
1 6 oz. can frozen orange juice
sweeten to taste
3 sticks cinnamon
juice of 4 lemons

Simmer 20 minutes and serve.

HOT SPICED TEA

Elizabeth Magnusson
Grandview UMC

1 3/4 c. sugar
2 measures Tang
1 t. cinnamon
dash of ginger
1/2 c. instant tea
4 measures lemonade mix
1 t. cloves

Mix together well. Add 3 t. to 1 c. hot water. Add 4 t. to regular measuring cup.

SPICED TEA MIX

Cathy Hamlin
Grandview UMC

2 c. Tang
1 2 qt. pkg. lemonade mix, not sugar free
2 c. sugar
1 t. cloves
1 1/2 t. cinnamon

Mix well and store in glass or plastic container. Put 2-3 T. in 1 c. hot water. Adjust amount to taste.

ENGLISH WASSAIL

Wendy Dolsen
Atlanta/Prairie View UMC

1 3/4 c. sugar
2 whole cloves
4 whole allspice
2 c. lemon juice
3 c. orange juice
1 qt. water
4 cinnamon sticks
2 t. chopped ginger
2 qt. apple cider

Place sugar and water in saucepan; boil for 10 minutes. Add spices and ginger; cover and let stand in warm place for 1 hour. Strain syrup into large kettle; stir in lemon juice, cider and orange juice. Bring to boil; serve hot. Float sliced oranges on top if desired.

SOME HELPFUL HINTS

Store leftover yolks in a tightly covered jar in the refrigerator. Cover the yolks with water or milk.

Egg white will keep for weeks if stored in a tightly covered jar in the refrigerator.

You can get more juice from a dried-up lemon if you heat it for five minutes in boiling water before you squeeze it.

Rinse pan in cold water before scalding milk to prevent sticking.

For the highest volume, let egg whites stand at room temperature for a while before beating. They will also whip up faster.

Use a sandwich bag on your hand when greasing pans.

There is no true economy in "substitutes".

To freshen unpopped popcorn, place in freezer for 24 hours.

SOME FAVORITE RECIPES IN THIS SECTION

A RECIPE FOR	PAGE NUMBER

Veggie Variables

Fresh lemon juice will remove onion scent from hands.

A few drops of lemon juice in potato water will whiten boiled potatoes.

To save money and vitamins: Pour all leftover vegetables and water they are cooked in and any leftover meat into a freezer container and when full add tomato juice, seasonings and have "free" soup for lunch. Vegetables left on a child's plate can be frozen, also as germs will be killed during boiling.

Three large stalks of cut-up celery added to about two cups of beans (navy, brown, pinto, etc.) will make them more easily digested, as will a bit of soda.

When cooking vegetables, remember to boil vegetables that grow above ground without a cover.

Allow ¼ teaspoon salt to each cup of water for cooking vegetables.

A lump of sugar added to water when cooking greens helps vegetables retain their fresh color. Vinegar or lemon juice (used sparingly) may also have the same effect.

Never soak vegetables after slicing; you will lose much of the nutritional value of vegetables.

Fresh vegetables require little seasoning or cooking. If the vegetable is old, dress it up with sauces or seasonings.

Save vegetable juices from cooking; they can be used for stockpot, vegetable soup or sauces. You may freeze it until ready to use.

To bake potatoes quickly, place them in boiling water for 10-15 minutes. Pierce skins with a fork and then bake in a preheated oven.

To cut down on odors when cooking cabbage, cauliflower, etc., add a little vinegar to the cooking water.

To avoid tears when cutting onions, try running under cold water or placing in freezer briefly before cutting.

A little vinegar or lemon juice added to potatoes before draining will make them extra white when mashed.

When cutting onions, rub hands with celery stalk to remove odor.

To avoid toughening beans or corn, add salt when cooking is halfway through.

SOUPS

GOURMET POTATO SOUP

Erma Roberts
Tisdale UMC

3 c. diced potatoes
1/2 c. diced onion
1/2 c. diced celery
2 chicken bouillon cubes
1/2 t. salt
1 c. sour cream*
1 T. flour
1 1/2 c. milk

Combine potato, celery, onion, salt, water, and bouillon cubes in large saucepan. Simmer about 20 minutes or until potatoes are tender. Add 1 c. of milk to hot mixture. Blend sour cream, flour, and remaining milk. Pour into potato mixture and stir over low heat until mixture thickens. *Sour cream with chives may be used.

CHICKEN-CHEESE SOUP

Millie Craig
friend of Parish

Boil 1 chicken with onion to taste and 2 cubes of chicken bouillon. Bone the chicken and cut to bite size. In 1 c. of the broth, cook 2 large carrots chopped fine and 2 long stalks of celery chopped fine, including some cut-up leaves. Mix 2 cans of Cream of Chicken Soup with 1 c. milk until the lumps are all smoothed out. Combine the chicken, vegetable and broth mixture. Add more broth until the soup is of the desired consistency. Heat very hot; then just before serving add 4 oz. of Velveeta cheese, cut up. Stir until the cheese is melted; then serve immediately. CAUTION: This soup will scorch easily; use care. It make a hearty soup. (This recipe was acquired from a church group.)

CHEESE SOUP

Leona Skelton
Tisdale UMC

1 qt. water
2 c. diced raw potatoes
1 c. chopped celery
2 t. chicken bouillon
1 c. chopped onion
1 bag frozen vegetables, broccoli, cauliflower, and carrots
1 lb. Velveeta cheese, cut up or shredded

Cook potatoes, celery, onion in water with bouillon until potatoes are tender. Add frozen vegetables and cook 10 minutes longer. Add Velveeta at serving time.

Gratitude is the rarest of all virtues,
and yet we expect to receive so much of it.

OYSTER SOUP

Pauline Jones
Prairie View UMC

2 c. oysters
1 T. onion, finely chopped
1 c. oyster liquor
chopped parsley
6 c. milk
1/4 c. butter
salt and pepper

Simmer oysters and onion in liquor until the edges curl. Scald milk; add butter, salt and pepper, then the oysters. Serve at once with a little chopped parsley. Makes 6 servings. This recipe was my grandmother's, Ollie Roberts Kennedy .

RUTHIE WESTFALL'S CHILI

Marjorie Kadau
Tisdale UMC

2 lbs. meat
2-3 T. chili powder or
1 pkg.Williams Chili Seasoning
1 onion, chopped
4 c. tomatoes and juice
garlic

Brown meat and onion and add remaining ingredients and simmer.

HOT AND SOUR SOUP

Ida Finney
Tisdale UMC

3 pork chops (tenderloin)
4-5 black or regular mushrooms
1/3 c. Woodear (Dried Mo-er Ka-me mushrooms, soak in water)
1 piece Bean Curd (8 oz. sliced very thin)
2 T. wet corn starch (very thick)
1/2 c. turnips (pickled in jar)
1 egg beaten
1/3 c. bamboo shoots
5 c. chicken broth
1 green onion
1 1/2 to 2 t. salt
2 T. soy sauce
1 T. vinegar
1 1/2 t. pepper (put in bowl with 1 T. vinegar)

Cut pork chops from bone; slice diagonally and marinate. Boil broth and put turnips, dried mushrooms, mushrooms, and bean curd. Bring to a boil. Add meat, thick cornstarch and soy sauce. Boil again. While boiling, beat in egg and add onions. Pour mixture into bowl with vinegar and pepper. Add sesame oil. Serve immediately.

People of genius are admired;
people of wealth are envied;
people of power are feared;
but only people of character are trusted.

MARGE'S CREAMY BROCCOLI SOUP

Mildred Wesbrook
Tisdale UMC

1 10 oz. pkg. chopped broccoli
1 c. chopped ham
2 c. milk
2 c. American cheese, grated
1/2 t. salt
3 T. flour
1 c. water

Boil ham in 1 c. water for 10 minutes, add broccoli and cook until tender. Blend flour and milk and add to ham and broccoli; simmer 5 minutes and add cheese and seasoning. Let cheese melt and serve. (I like to add a dash of garlic or onion salt.) Serves 4.

JACQUELYN NEESE'S CHECKEN SOUP

Grace Morgan
Prairie View UMC

1 qt. chicken broth
2 cans cream of chicken soup
2 c. chopped chicken
1 lb. Velveeta cheese
chopped potatoes, sliced carrots, diced onion, celery, broccoli, cauliflower

Cook vegetables until tender; add broth and chopped chicken and cream of chicken soup. Heat and keep hot until just before you serve your soup, then add Velveeta cheese, cubed, and serve when melted. DO NOT BOIL.

FRUIT SALADS

APPLESAUCE DELUXE

Pauline Mosier
Hicks Chapel UMC

A most versatile recipe - use it as dessert, salad, or relish.

1 3 oz. pkg. Jello, raspberry or cherry
1 1/2 c. applesauce (15 oz. jar)
1 c. boiling water
1 t. lemon juice

Dissolve Jello gelatin in boiling water. Blend in applesauce and lemon juice. Pour into individual molds or a serving dish. Chill until firm. Unmold. Serve with sour cream or mayonnaise, if desired. Makes about 2 1/2 c. or 4-5 servings.

Wonderful things happen to us when
we live expectantly,
believe confidently,
and pray affirmatively.

CRANBERRY SALAD

Erma Roberts
Tisdale UMC

1 pkg. cranberries, ground
4 c. chopped apples, pealed
1-2 oranges with pealing, ground
3 c. sugar
1 pt. whipping cream

Mix all ingredients; let set before adding whipping cream (Cool Whip or Dream Whip may be substituted). Chill until serving time or put in containers and freeze.

FIVE CUP GELATIN SALAD

Ava Deets
Burden UMC

1 c. cottage cheese
1 c. frozen topping
1 3 oz. pkg. orange gelatin
1 c. mandarin oranges
1 c. crushed pineapple

Whip the first four ingredients together and mix in the dry gelatin. Chill.

FRUIT SALAD

Gretchen Conway
Burden UMC

1 16 oz. pkg. frozen strawberries, undrained
1 sm. pkg. vanilla instant pudding
2 cans mixed fruit
3 bananas, sliced

Place mixed fruit in bowl. Empty thawed strawberries on top of fruit. Do not stir. Sprinkle powdered pudding on fruit. Do not stir. Cover container. Refrigerate overnight. Next morning, stir fruit. Add sliced bananas before serving.

GLAZED FRUIT SALAD

Alene Miller
Tisdale UMC

1 1 lb. 4 oz. can pineapple chunks
1 1 lb. 13 oz. can fruit cocktail
1 1 lb. 6 oz. can apricot pie filling
1 can mandarin oranges
7-8 bananas, sliced
2 T. lemon juice

Drain canned fruits, mix all together and chill several hours or overnight. Makes 12-15 servings.

REMEMBER THE STEAM KETTLE!
ALTHOUGH IT IS UP TO ITS NECK IN HOT WATER,
IT CONTINUES TO SING.

MANDARIN ORANGE SALAD

Lela Bannon
Atlanta UMC

1 sm. carton large curd cottage cheese
1 can mandarin oranges, drained
1 pkg. orange gelatin
1 sm. carton Cool Whip

Mix cottage cheese and dry orange gelatin; add mandarin oranges, then Cool Whip. Let set before serving.

MILLIONAIRE SALAD

Phyllis Perrigo
Burden UMC

1 can cherry pie filling
1 can Borden Eagle Brand Milk
1 med.-size can chunk pineapple, drained
1 c. miniature marshmallows
1 9 oz. carton Cool Whip
1 c. walnuts

Mix all ingredients together and chill. Seedless grapes and/or mandarin oranges can be added if desired.

MINT SALAD

Lela Bannon
Atlanta UMC

3 c. crushed pineapple, undrained
3 c. miniature marshmallows
1 8 oz. pkg. white buttermints, crushed
1 3 oz. pkg. lime gelatin
2 pkg. Dream Whip

Mix pineapple, marshmallows, and dry lime gelatin and set overnight. Prepare Dream Whip according to directions and add; add crushed buttermints; mix and freeze.

MOTHER'S PINEAPPLE SALAD

Lorene Bailey
Tisdale UMC

1 lg. can crushed pineapple, drained
3 c. miniature marshmallows
1/4 c. sugar
pineapple juice from pineapples
8 oz. grated cheese
1 T. flour
1 egg, slightly beaten
1/2 c. water

Cook flour, sugar, egg, juice, and water and pour over pineapple, marshmallows, and cheese.

The main objective of Christianity is not to get us into heaven, but to get heaven into us.

ANGEL HASH SALAD

Nellie Craig
Burden UMC

2 T. cornstarch
1 c. pineapple syrup and water
1 c. heavy cream, whipped
2 1/2 c. pineapple tidbits, drained
1/4 lb. marshmallows, quartered (15)
1/4 c. sugar
2 egg yolks
1/4 c. walnuts
6 bananas, sliced

Combine cornstarch and sugar. Add pineapple syrup gradually, stirring constantly, until thickened. Add part of mixture to egg yolks, blend well and return to hot mixture. Cook, stirring constantly for 2 minutes. Cool. Fold in whipped cream, pineapple, walnuts, and marshmallows. Chill. (You can chill overnight and add the bananas shortly before serving.) This looks very nice served on lettuce leaves and garnished with a maraschino cherry.

ROYAL ANNE CHERRY SALAD

Lela Bannon
Atlanta UMC

1 can Royal Anne cherries, pitted & drained
1 No.2 can pineapple tidbits, drained
1 can mandarin oranges, drained
nuts
1 T. salad dressing
1 c. cream, whipped or
Dream Whip or
2 c. Cool Whip

Mix cherries, pineapple tidbits, mandarin oranges, and salad dressing and let stand overnight. Add marshmallows, nuts and cream just before serving.

STRAWBERRY PINEAPPLE SALAD

Imogene Hamlin
Grandview UMC

1 10 oz. pkg. strawberries, thawed and drained, reserve syrup
1 8 1/4 oz. can crushed pineapple, drained, reserve juice
1 3 oz. pkg. cream cheese, softened
1/4 c. sugar
1 c. miniature colored marshmallows
1 envelope Dream Whip, prepared as directed

Combine strawberry syrup and pineapple juice to make 2/3 c. mixed syrup. In mixing bowl, combine softened cream cheese, sugar, and mixed syrup. Stir in drained fruit and marshmallows. Fold in whipped topping and pour in 8"x8" dish and freeze. Cut into squares to serve. This is a very colorful salad for holidays.

The Gospel of Jesus Christ
breaks the hard hearts and heals the broken ones.

WATERGATE SALAD

Gretchen Conway
Burden UMC

1 sm. box instant pistachio pudding
1 med. can crushed pineapple, undrained
1 1/2 c. miniature marshmallows
9 oz. Cool Whip
1/3 c. pecans

Mix dry pudding with whipped topping. Add can of pineapple and stir. Fold in marshmallows and nuts. Chill before serving.

CONGEALED FRUIT SALADS

BLUEBERRY SALAD

Allene Archer
Tisdale UMC

2 pkg. black raspberry Jello
1 can blueberries
2 c. juice from blueberries and pineapple
1 pkg. Dream Whip
2 c. boiling water
1 c. crushed pineapple
1/4 c. chopped nuts

Dissolve Jello in boiling water. Set aside 3/4 c. of this mixture. Drain blueberries and pineapple and add this (2 c.) to the Jello. Let thicken slightly and add the pineapple, blueberries, and chopped nuts. Let set. Whip Dream Whip and add the 3/4 c. of reserved Jello. Whip together and spread on the "set" Jello. Chill well and eat!

BLUEBERRY SALAD

Norma Trobaugh
Burden UMC

2 sm. pkg. concord grape gelatin
2 c. boiling water
1 lg. can crushed pineapple, undrained
1 can blueberry pie filling
4 t. vanilla
1 8 oz. pkg. cream cheese
1 c. sour cream
1/2 c. sugar
chopped pecans

Dissolve gelatin in boiling water; add pineapple with juice, then add the blueberry pie filling. Pour into mold. Chill until firm. To make topping, combine cream cheese, sour cream, sugar, and vanilla, mixing well. Spread over firm gelatin and sprinkle with pecans.

Some people complain
because God puts thorns on roses,
while others praise God
for putting roses among the thorns.

BLUEBERRY SALAD

Hazel Felker
Prairie View UMC

1 sm. pkg. raspberry gelatin
1 sm. pkg. lemon gelatin
1-2 t. lemon juice or Real Lemon
1 20 oz. can crushed pineapple, undrained
1 21 oz. can blueberry pie filling
1/2 c. sifted powdered sugar
1 c. hot water
1/2 c. cold water
1 c. sour cream
1/2 c. nuts
(I prefer pecans)

Mix together gelatin, water, lemon juice, pineapple, and pie filling. Place in freezer 30-40 minutes. When the mixture is set, mix sour cream and powdered sugar and spread over the top. Sprinkle nuts over the sour cream mixture. To make a larger salad, add another can blueberry pie filling and 1 sm. box lemon instant pudding. Mix an 8 oz. carton of Cool Whip with the sour cream mixture, then sprinkle the nuts over the top.

BLUEBERRY SALAD

Norma Trobaugh
Burden UMC

2 sm. pkg. concord grape gelatin
2 c. boiling water
1 lg. can crushed pineapple, undrained
1 can blueberry pie filling
chopped pecans
1 8 oz. pkg. cream cheese
1 c. sour cream
1/2 c. sugar
4 t. vanilla

Dissolve gelatin in boiling water; add pineapple with juice, then add the blueberry pie filling. Pour into mold. Chill until firm.
To make topping, combine cream cheese, sour cream, sugar, and vanilla, mixing well. Spread over firm gelatin and sprinkle with pecans.

CHERRY SALAD

Ruth Miller
Tisdale UMC

1 lg. pkg. cherry gelatin
2 c. cherry pie filling
1 c. chopped nuts
1 sm. can crushed pineapple
2 c. hot water
2 c. chopped celery
1 8 oz. pkg. cream cheese

Dissolve gelatin in hot water and add pie filling. Cool and add nuts and celery. Refrigerate until set. Mix cream cheese and pineapple and spread on top of gelatin. Serves 10-12.

Christianity is not a way of looking at certain things.
Christianity is a certain way of looking at everything.

CRANBERRY SALAD

Dorothy Shannon
Atlanta UMC

2 pkg. raspberry gelatin
2 c. fresh cranberries, ground
1 orange, ground with pealing
3/4 c. crushed pineapple, drained
1 c. miniature marshmallows
3 1/2 - 3 3/4 c. water
1 1/2 c. sugar
2 c. chopped celery
1/2 c. chopped nuts

Prepare and chill gelatin and water until slightly thickened. Combine ground cranberries, orange, sugar, pineapple, celery, nuts, and marshmallows and add to gelatin.

CRANBERRY SALAD

Margaret Martin
Grandview UMC

2 c. cranberries (1 pkg.)
1 3 oz. pkg.cherry gelatin
15 lg. marshmallows
1 c. chopped celery
1 c. water
1 c. sugar
1 c. chopped apples
1 c. chopped nuts

Boil cranberries, water and sugar until berries pop. Add gelatin and marshmallows and stir to dissolve. When cool, add apples, celery, and nuts.

CRANBERRY-STRAWBERRY SALAD

Alta Brewer
Grandview UMC

1 lg. pkg. strawberry gelatin
1 pkg. cranberries, ground
1 lg. pkg. sliced frozen strawberries
1 1/2 c. sugar
2 c. boiling water

Grind cranberries and mix with sugar and let set 1 1/2 to 2 hours. Combine boiling water and gelatin, then stir in frozen strawberries and cranberry/sugar mixture. I break the strawberries up in small pieces before adding to the liquid as it starts to set sometimes before adding the cranberries.

CRANBERRY SALAD

Barbara Parsons
friend of Parish

1 pkg. raspberry gelatin
1 12 oz. pkg. cranberries, ground or chopped
3/4 c. sugar
1 c. boiling water
1/2 c. cold water

Dissolve gelatin in boiling water. Add sugar and stir to dissolve. Add cranberries and cold water.

HOLIDAY SALAD

Jeanette King
Grandview UMC

1 3 oz. pkg. strawberry gelatin
2 c. water
3 lg. apples (tart ones such as Winesap are best)
1/2 c. coarsely chopped pecans
1 sm. can mandarin oranges, drained
1 c. miniature marshmallows

Prepare gelatin per pkg. directions. Chill in freezer till lightly set, but still liquid. Add remaining ingredients. Fold in gently. May be molded or served from bowl. Finish set in refrigerator until firm.

ORANGE SALAD

Cleo Brooks
Burden UMC

1 pkg. tapioca pudding mix
1 pkg. vanilla pudding
1 pkg. whipped topping mix
1 pkg. orange gelatin
2 c. hot water
1 sm. can mandarin oranges, drained

Combine tapioca pudding mix, orange gelatin, and vanilla pudding with hot water and cook until thick, stirring constantly. Let cool completely; then fold in topping and oranges. NOTE: I like cherry gelatin and maraschino cherries or pineapple gelatin and pineapple.

ORANGE SALAD

Ava Deets
Burden UMC

2 pkg. orange gelatin
2 c. boiling water
1/2 c. orange juice
1 qt. orange sherbert
1 c. miniature marshmallows
1 can mandarin oranges

Dissolve gelatin in the hot water; add the orange juice and sherbert. Beat. Cool and add mandarin oranges and marshmallows. Chill well.

ORANGE SALAD SUPREME

Phyllis Nichols
Tisdale UMC

1 pkg. tapioca pudding mix
1 pkg. vanilla pudding
1 sm. can mandarin oranges, drained
1 pkg. orange gelatin
2 c. hot water
1 pkg. Dream Whip

Combine puddings and gelatin with hot water and cook until thick and bubbly, stirring constantly. Let cool completely; then prepare Dream Whip according to pkg. and fold in; fold in oranges and chill.

ORANGE COOLER SALAD

Jeanette King
Grandview UMC

1 3 oz. pkg. orange gelatin
1 can mandarin oranges, cut up
6 maraschino cherries, quartered
1 pkg. Dream Whip
or 1 c. whipped cream
1/4 c. pecans

Prepare gelatin and Dream Whip as per directions on pkg. and chill gelatin. Mix oranges with jelled gelatin. Add cherries and pecans to prepared Dream Whip (or whipped cream) and combine the two mixtures in medium bowl or mold. Keep refrigerated until serving time.

ORANGE PINEAPPLE SALAD

Edna DeWitt
Grandview UMC

2 sm. or 1 lg. pkg. orange gelatin
1 No.2 can crushed pineapple
1 c. chopped celery
1 8 oz. pkg. cream cheese, room temperature
1 c. water
1/2 c. sugar
1 c. chopped nuts
10 oz. Cool Whip

Bring pineapple, water, and sugar to boil. Add gelatin and stir until dissolved; let set until syrupy. Mix cream cheese with Cool Whip with mixer on low speed; blend all ingredients together and pour into dish. Chill to set.

ORANGE PINEAPPLE CHEESE SALAD

Allene Archer
Tisdale UMC

1 No.2 can crushed pineapple, undrained
1 lg. pkg. orange gelatin
1 1/2 c. grated mild Cheddar cheese
1 lg. container Cool Whip
2/3 c. sugar
2 c. cold water
1 c. chopped nuts

Mix pineapple and sugar and bring to a boil. Add gelatin and dissolve. Add cold water and stir well; chill until thickened. Fold in cheese, nuts, and Cool Whip. Cover and refrigerate until serving time.

MANDARIN ORANGE SALAD

Nita Wilson
Tisdale UMC

1 pkg. instant vanilla pudding
1 pkg. orange gelatin
1 11 oz. can Mandarin oranges, drained
1 pkg. tapioca pudding
2 c. boiling water
1 pkg. Dream Whip

Cook puddings, gelatin, and water; cool. Prepare Dream Whip and all ingredients together. Chill.

RED RASPBERRY SALAD

Alene Miller, Tisdale UMC
Leona Skelton, Tisdale UMC

1 pkg. raspberry gelatin
1 pkg. frozen red raspberries
1 c. miniature marshmallows
1 c. boiling water
1 c. applesauce
1 c. sour cream

Dissolve gelatin in boiling water and stir until gelatin is dissolved; add applesauce and raspberries; stir until blended and chill until firm. Mix sour cream and marshmallows and let set 1 hour, then whip; spread on chilled firm gelatin. Refrigerate overnight.

RASPBERRY SALAD

Dee Morland
Burden UMC

1 lg. pkg. raspberry gelatin
2 c. miniature marshmallows
1 10 oz. pkg. frozen raspberries
2 c. boiling water
1 16 oz. can applesauce
1 c. sour cream
1 pkg. Dream Whip

Dissolve gelatin in boiling water. Add raspberries and applesauce. Refrigerate. Mix sour cream and marshmallows together and let set overnight. 2-4 hours before serving prepare Dream Whip per pkg. directions and blend in marshmallow/sour cream mixture. Spread over gelatin. Let set 2-4 hours. Serve. Makes 9"x13" pan.

RED, WHITE, AND BLUE SALAD

Betty Hamm
Tisdale UMC

2 lg. pkg. raspberry gelatin
1/2 c. cold water
1 c. sugar
1 8 oz. pkg. cream cheese, softened
1 No. 303 can blueberries
1 pkg. Knox Gelatin
1 c. half 'n half cream
1/2 t. vanilla
1/2 c. nuts

First layer: Dissolve 1 lg. pkg. raspberry gelatin as directed and pour in 9"x13" pan or desired container. Let set. Second layer: Dissolve Knox Gelatin in 1/2 c. cold water. Heat half 'n half cream; add sugar (do not boil). Mix in gelatin and vanilla. Use mixer and beat in cream cheese. Add nuts. Chill until beginning to thicken. Pour over first layer. Let set. Third layer: Dissolve 1 lg. pkg. raspberry gelatin in 1 1/2 c. hot water; add blueberries with juice. Cool and pour over second layer. Let set.

Believe me, when life knocks you to your knees,
you are in the right position to pray.

SEVEN-UP PINEAPPLE SALAD

Vera Pearce
Atlanta UMC

1 sm. pkg. lime gelatin
1 c. miniature marshmallows
1 c. drained crushed pineapple
1 8 oz. pkg. cream cheese
1 c. water
1/2 c. chopped nuts
10 oz. 7-up

Melt gelatin, cheese, and marshmallows in double boiler. Remove from heat. Add remaining ingredients and chill until firm.

STRAWBERRY-BANANA SALAD

Vera Pearce
Atlanta UMC

1 lg. pkg. strawberry-banana gelatin
2 10 oz. pkg. frozen sliced strawberries,thawed
1 sm. can crushed pineapple
5-6 bananas, mashed
2 c. sour cream
1 T. lemon juice
1 c. chopped pecans
2 c. hot water

Dissolve gelatin in hot water; let cool. Add strawberries, bananas, lemon juice, pecans, and pineapple. Pour mixture into 9"x13"x2" glass dish and chill until firm.

YOGURT AND GELATIN DELIGHT

Kathryn Miller
Tisdale UMC

1 pkg. fruit flavored gelatin
1 c. boiling water
1 c. yogurt

Add water to gelatin, stir until dissolved. Add several ice cubes and stir until gelatin thickens. Remove unmelted ice cubes and beat with rotary beater. Add yogurt and beat gently (or fold in). I like orange Jello and apricot or peach yogurt. Sugar free gelatin and yogurt made with Nutrasweet could be used for those who cannot use sugar.

FINGER JELLO

(from the kitchen of Cathy Hamlin)

Imogene Hamlin
Grandview UMC

3 3 oz. pkg. Jello
1 T. lemon juice
4 envelopes Knox Gelatin
3 c. boiling water
1 or 1 1/2 c. water

Dissolve Jello in boiling water; dissolve Knox Gelatin in water; combine mixtures with lemon juice and stir well. Pour into 9"x13" pan and let cool in refrigerator. Cut in squares. (I spray the pan lightly with Pam first.)

VEGETABLE SALADS

ASPARAGUS SALAD

Marge Sellers
Tisdale UMC

1 can cream of asparagus soup
1 3 oz. pkg. lime gelatin
1/2 c. chopped pecans
3/4 c. chopped celery
1/2 c. minced bell pepper
8 oz. cream cheese
1/2 c. cold water
1/2 c. mayonnaise
1 T. grated onion

Heat soup to boil and stir in gelatin until dissolved; stir in cream cheese until melted. Add remaining ingredients and chill.

BEAN SALAD

Hazel Felker
Prairie View UMC

1 can French style beans
1 sm. (303) can red kidney beans
1 sm. onion, diced or sliced thin
1/2 c. diced green pepper
2 c. diced or sliced thin celery
1/4 t. black pepper
1 can green beans
1 can wax beans
1/2 c. salad oil
1 1/2 t. salt
3/4 c. cider vinegar

Drain beans; mix sugar, vinegar, salad oil, pepper, and salt and pour over beans. Let stand overnight. Drain to serve.

THREE BEAN SALAD

Alene Miller
Tisdale UMC

1 can cut yellow wax beans
1 green pepper, thinly sliced
1 med. onion, thinly sliced
1/2 c. salad oil
1 t. celery seed
1/4 t. salt
2 cans cut green beans
1 can large kidney beans
1 c. sugar
1 c. vinegar
3/4 t. mustard seed

Drain beans and toss together with sliced pepper and onion in large serving bowl. In a medium saucepan, mix sugar, salad oil, vinegar, celery seed, mustard seed, and salt and boil for 5 minutes. Pour hot mixture over bean mixture, mixing well. Refrigerate several hours before serving. Drain excess dressing off before serving. (For a less sweet salad, reduce amount of sugar in dressing.) It's a good idea to drain the liquid off a couple of times and pour over the beans to better distribute the flavor through beans.

BROCCOLI SALAD

Rose Marie Watt
Grandview UMC

1 head broccoli florets
1 head cauliflower florets
1 sm. red onion, sliced and separated into rings
1 sm. jar pimento, drained
2-3 stalks celery, sliced
1 green pepper, chopped

Mix above ingredients and dress with the following: 1 c. Hellman's Mayonnaise, 1/4 c. vegetable oil, 1/4 c. sugar, 2-3 T. milk (to thin), salt and pepper to taste. Chill.

BROCCOLI-CAULIFLOWER SALAD

Joanne Black
Burden UMC

2 c. chopped broccoli
2 c. chopped cauliflower
1/2 red onion, chopped
6-8 slices bacon
1 T. powdered sugar
1/2 c. raisins
3/4 - 1 c. mayonnaise
1/3 - 1/2 c. sour cream
1 T. lemon juice

Fry bacon until crisp and crumble into large bowl with broccoli, cauliflower, onion, and raisins. Make dressing with mayonnaise, sour cream, lemon juice, and sugar. Mix well and refrigerate salad at least 2 hours before serving.

BROCCOLI/BACON/RAISIN SALAD

Lois Starkey
Burden UMC

1 bunch fresh broccoli
1 c. celery, chopped
1/2 c. hulled sunflower seeds
3/4 c. mayonnaise
2 T. vinegar
1/2 c. chopped red onion
1 lb. bacon
1/2 c. raisins
1/4 c. sugar

Wash, drain, and break broccoli into florets. Fry bacon until crisp, drain and crumble. Combine salad ingredients together in large mixing bowl. Set aside. Prepare dressing by combining mayonnaise, vinegar, and sugar together thoroughly. Pour dressing over salad ingredients; stir to blend. Serve chilled. Refrigerate leftovers. Yield: 12 servings.

BROCCOLI-CAULIFLOWER SALAD

Phyllis Brothers
Tisdale UMC

broccoli, bite size pieces
cauliflower, bite size pieces
Italian salad dressing
stuffed olives
ripe olives, pitted

Mix together. Chill. Serve.

BROCCOLI-CAULIFLOWER SALAD

Naomi Howard
Burden UMC

1 bunch broccoli, chopped
1 med. red onion, chopped
1 head cauliflower, broken up
1 pkg. Hidden Valley Ranch Dressing Mix plus milk & 1 c. mayonnaise

Mix vegetables together. Prepare dressing and pour over vegetables.

BROCCOLI-RAISIN SALAD

Naomi Howard
Burden UMC

1 bunch broccoli, chopped
1/2 c. red onion
Miracle Whip with 2 T. sugar and thin with milk
1/2 c. raisins
1/4 c. grated cheese

Add a small amount of water to the raisins, then microwave until plump and drain. Put all together and add dressing.

CEDAR'S SALAD

Leona Skelton
Tisdale UMC

1 bunch broccoli, cut in pieces to equal 4-5 c.
10 strips bacon, fried and crumbled
1 c. sunflower seeds
1/4 c. diced red onion
1 c. raisins

DRESSING
1/2 c. lite mayonnaise
1-2 T. vinegar
3-4 T. sugar

UNUSUAL AND DELICIOUS SALAD

Alene Miller
Tisdale UMC

1 head broccoli, washed and blotted dry
1 head cauliflower, washed and blotted dry
1/2 c. mayonnaise
1 c. pecan pieces
1/2 c. diced green onion
1 1/2 c. raisins
3 T. vinegar
1/4 c. sugar

Mix sugar, mayonnaise, and vinegar and set aside. In a large serving bowl, cut broccoli and cauliflower into small florets. Add onion, raisins, and pecans. Mix well. Pour sugar mixture over vegetables. Cover and refrigerate overnight. Stir a couple of times before serving.

Don't envy anyone!
You have something that no one else has.
Develop that one thing and make it outstanding!

CARROT SALAD

Edna DeWitt
Grandview UMC

1 1/2 lb. carrots
1 green pepper, sliced
1 10 3/4 oz. can tomato soup
1/4 t. pepper
1 T. prepared mustard
1/2 t. worcestershire sauce
1 med. onion, sliced
1/2 c. oil
3/4 t. salt
1/2 c. vinegar
1 c. sugar
1/2 t. dill seed (opt.)

Slice carrots and cook until tender but still crisp. Mix soup, salt, pepper, oil, vinegar, sugar, mustard, worcestershire sauce, and dill seed together until sugar is dissolved. (I heat it a little.) Pour over vegetables and let set overnight. Will keep 2-3 weeks.

CREAMY CAULIFLOWER SALAD

Leona Skelton
Tisdale UMC

1 med. head cauliflower
1/2 c. sliced yellow onion
1 oz. can sliced water chestnuts
1 pkg. buttermilk salad dressing
1 c. sliced radishes
3/4 c. sour cream
3/4 c. mayonnaise
2 T. celery seeds

Break cauliflower into bite-size pieces. Mix all together and chill.

CABBAGE SALAD SUPREME (SLAW)

Neva Drake
Grandview UMC

1 lg. head cabbage, shredded
1 green pepper, sliced paper thin
2 med. onions, sliced paper thin
(1 onion is enough for some people)
1 can pimento

DRESSING
1 c. salad oil
1 c. sugar
3/4 c. vinegar
1 1/2 t. salt
1 t. celery seed

Separate onion rings. Then arrange in layers, cabbage, onion, green pepper, and pimento. Do not stir. May stir later. Mix dressing ingredients and boil together 2 minutes. Pour hot over vegetables, cover tightly and refrigerate for at least 4 hours. You may want to use a large plastic bowl with a lid. Keeps indefinitely. Serves 16.

PRAYER DOES NOT NEED PROOF, IT NEEDS PRACTICE!

OLESLAW

Edna Hollingsworth
Atlanta UMC

med. onions, rings or diced
med. head cabbage, shredded
c. salad oil
t. mustard
3/4 c. sugar
1 t. celery seed
1 t. salt
1 c. vinegar

ring sugar, mustard, celery seed, salt, and vinegar to a rolling oil. Add salad oil and bring to boil again; pour over cabbage and nions. Do not stir. Let set 24-48 hours. Drain off liquid before erving. (Be sure to cover or it will smell in the refrigerator.)

WEET N' SOUR COLESLAW

Hazel Felker
Prairie View UMC

3 lb. head cabbage, shredded
onion, chopped
c. cider vinegar
t. salt
t. dry mustard
1 bell pepper, chopped
1 c. sugar
1 c. corn oil
2 T. celery seed
2 T. sugar

ix together cabbage, onion, pepper, and sugar and refrigerate overnight. lix the remaining ingredients together and bring to a boil. Pour over abbage mixture. Refrigerate until cold. If too moist, drain off part of the ressing.

BROOKVILLE OLD-FASHIONED SWEET & SOUR COLESLAW

Gretchen Conway
Burden UMC

1/2 lb. shredded green cabbage
/3 c. sugar
c. whipping cream
1 t. salt
1/3 c. vinegar

lace shredded cabbage in covered dish in refrigerator for several hours. lix together salt, sugar, vinegar, and whipping cream 30 minutes before erving. Chill and serve.

HAPPINESS IS: a healthy mental attitude,
a grateful spirit,
a clear conscience,
and a heart full of love.

GERMAN COLESLAW

Nancy Girod
Burden UMC

1 med. head cabbage, shredded
1 lg. onion, thinly sliced
1 t. parsley flakes
3/4 c. salad oil
3/4 c. cider vinegar
3/4 c. sugar
2 T. sugar
1 T. salt
2 t. celery seed
2 t. powdered mustard

Layer cabbage, onion, and 3/4 c. sugar in large bowl. Mix remaining ingredients together in saucepan and heat to boiling point; pour over cabbage mixture; cover the bowl and allow to marinate 4 hours in refrigerator prior to serving. This coleslaw will last in refrigerator up to 3 weeks. Great for taking on picnics.

KANSAS SLAW

Ava Deets
Burden UMC

1 med. head cabbage, chopped
3/4 c. sugar
1 c. vinegar
3/4 c. salad oil
1 med. onion, sliced
1 t. celery seed
1 T. salt
1 t. dry mustard

Make layer of chopped cabbage and onion rings; repeat until all is layered. Heat remaining ingredients to boiling and pour over cabbage and let stand at least 4 hours before serving. This will keep 2 weeks.

TWENTY-FOUR HOUR COLESLAW

Lela Bannon
Atlanta UMC

2 med. onions, chopped fine
1 med. head cabbage, shredded
1 T. sugar
1 T. celery seed
1 c. salad oil
3/4 c. sugar
3/4 c. vinegar
1 T. prepared mustard
1 1/2 t. salt

Put cabbage and onions in a bowl that can be tightly sealed; toss together and sprinkle sugar over it. Combine all remaining ingredients, except salad oil, and heat to boiling; add salad oil and bring to boil again; pour over cabbage. Cover tightly and refrigerate 24 hours. DO NOT STIR.

You don't have time to criticize when you
harmonize,
sympathize,
and evangelize.

SHOE PEG CORN SALAD

Erma Roberts
Tisdale UMC

1 can French style green beans
1 3 oz. jar pimento, diced
1 c. diced celery
1 c. diced green peppers
1/2 c. oil
salt and pepper
1 can tiny peas
1 can Shoe Peg Corn
1 c. diced onion
2/3 c. vinegar
1/2 c. sugar

Drain green beans, peas, pimento, and corn; add celery, onion, and green peppers. Mix gently with vinegar, sugar, oil, salt, and pepper. Let stand overnight in refrigerator.

CUCUMBER SALAD

Dana Thomson
Grandview UMC

3 1/2 c. peeled and sliced cucumbers
1/2 c. mayonnaise
1/4 t. vinegar
1/2 c. sliced onion, opt.
1/4 c. sugar
1/8 t. pepper

Mix sugar, vinegar, and pepper with mayonnaise. Add cucumbers and onion; stir and chill.

AUNT DOLLIES KRAUT SALAD

Grace Morgan
Prairie View UMC

1 No.303 can Kraut
1/2 c. chopped green pepper
1/2 c. sugar
1/2 c. chopped onion
1/2 c. chopped celery

Mix and store in refrigerator 1/2 hour or so before you want to serve it. This can even be made a day or so before you want to serve it. It keeps a long time. Delicious!

JOSEPH'S COAT SALAD

Leona Skelton
Tisdale UMC

2 10 oz. pkg. frozen mixed vegetables
1/2 c. diced onion
1/4 c. vinegar
3/4 c. sugar
2 T. prepared mustard
1/2 c. diced celery
1 sm. jar pimentos
1/4 c. water
2 T. flour

Cook frozen vegetables. Add celery, onion, and pimentos. Combine vinegar, water, sugar, flour, and prepared mustard and cook over low heat until thick. Combine vegetables and dressing while both are hot. Mix and refrigerate. Serve chilled.

MARINATED VEGETABLE SALAD

Vera Brothers
Tisdale UMC

1 20 oz. pkg. frozen vegetables (cauliflower, carrots, broccoli, etc.)
1/2 lb. fresh mushrooms, sliced or 1 can sliced mushrooms, drained
1/2 c. sliced stuffed olives
2/3 c. salad oil (or less)
3 stalks celery, sliced
1/2 c. sliced pimientos
3-4 green onions, sliced
3 tomatoes
1 sm. can ripe pitted olives
1/4 c. vinegar
1 sm. pkg. Original Hidden Valley Ranch Style Dressing

Bring frozen vegetables to boil in small amount of water. Cook 2 minutes to par-cook; drain. Cut each tomato into 8 wedges. Add remaining vegetables and toss lightly. Combine the dry salad dressing mix with oil and vinegar. Mix well; set aside to blend flavor about 20 minutes. Pour over vegetables. Chill 24 hours or longer. Mix lightly 2-3 times during this period. Add salt and pepper to taste.

CONGEALED VEGETABLE SALADS

COOL COLESLAW

Lela Bannon
Atlanta UMC

2 envelopes Knox Gelatin
1 t. salt
1 c. Miracle Whip
1 c. chopped celery
1/2 c. chopped pimento or bell pepper
1 1/2 c. cold water
2 T. lemon juice
1 c. shredded cabbage
1 c. chopped cucumber
3 T. finely chopped onion

Soften gelatin in 1 c. cold water; stir over low heat until dissolved; stir in remaining water, salt, and lemon juice. Gradually add gelatin to Miracle Whip until well blended; chill until slightly thickened. Fold in remaining ingredients. Pour into 1 1/2 qt. mold. Chill until firm. Unmold and garnish with cherry tomatoes and greens.

A GOOD SALAD

Margaret Martin
Grandview UMC

1 pkg. lemon gelatin
1 c. crushed pineapple (use juice to help set gelatin)
1 3 oz. pkg. cream cheese (dissolved in sm. amt. cream)
1/2 c. sliced stuffed olives
1 c. boiling water
1 sm. can well-diced pimentos
1/2 - 1 c. chopped nuts
1 c. chopped celery
1 carton Cool Whip

Dissolve gelatin and cream cheese in boiling water. Add juice and water to make 1 c. When cool, add the remaining ingredients and chill.

LEONA'S SALAD

Leona Skelton
Tisdale UMC

1 6 oz. pkg. lemon gelatin
1 jar pimento cheese
1 c. grated carrots
1 No.303 can crushed pineapple
2 c. boiling water
1 c. Miracle Whip
1 c. diced celery

Dissolve gelatin in boiling water. Dissolve pimento cheese in mixture. Let set until it starts to congeal. Stir in Miracle Whip, grated carrots, diced celery, and crushed pineapple. Pour into a large baking dish or mold and chill.

TOMATO SOUP SALAD

Nita Wilson
Tisdale UMC

1 can tomato soup
1 3 oz. box lemon gelatin
1 c. salad dressing
1 c. grated carrots
1 c. diced celery
1 c. chopped olives
1 c. cottage cheese

Heat soup to boiling point; add gelatin. Stir until dissolved. Add salad dressing; let cool until the mixture starts to thicken. Add remaining ingredients and let set. This salad keeps well and can be frozen.

PASTA SALADS

MACARONI SALAD

Ava Deets
Burden UMC

1 c. macaroni (R.F. tan/blue box Acini De PePe)
1 No.303 can crushed pineapple
1 c. miniature marshmallows
1 c. sugar
1 1/2 c. juice (and water)
2 cans mandarin oranges
1 lg. carton Cool Whip
3 eggs
3 T. flour

Cook and cool macaroni according to pkg. directions. Drain pineapple and mandarin, saving juice; add enough water to make 1 1/2 c. liquid. Cook liquid, eggs, sugar, and flour until thick; let cool. May be cooled overnight. Just before serving mix all ingredients with the cooked cooled macaroni. Fold in Cool Whip last.

People are guided to heaven more by footprints than by explanations.

MACARONI SALAD

Edna Hollingsworth
Atlanta UMC

2 c. shell or plain macaroni
2 T. finely chopped green pepper
1 c. finely chopped celery
salt and pepper to taste
1 sm. can tuna fish
2 T. finely chopped onion
1 c. mayonnaise

Cook macaroni until tender and chill. Add shredded tuna fish, onion, green pepper, celery, mayonnaise, salt, and pepper. Toss ingredients until well mixed.

MACARONI SALAD

Dorothy Shannon
Atlanta UMC

4 oz. macaroni, cooked and drained
1/2 can cleaned shrimp, or tuna, or ham
1/4 c. chopped green pepper
2 T. pickle relish, drained
1/4 c. chopped celery
2 T. sliced green onion
1 T. chopped pimento

Mix above ingredients a day ahead and refrigerate. Add **DRESSING**: 1/2 c. mayonnaise, 1 1/2 t. mustard, 1/8 t. salt.

MACARONI AND CHEESE SALAD

Ruth Ann Smith
Tisdale UMC

1 (71/4 oz) pkg macaroni & cheese dinner
1/2 c onion, chopped
1/2 t salt
3/4 c salad dressing
1/2 c celery, sliced
1 (10 oz) pkg frozen peas
1 med tomato, chopped
dash of pepper
6 hard-boiled eggs

Prepare macaroni and cheese dinner as directed on package. Add peas, tomato, salad dressing, celery, onion, and seasonings. Chop 5 eggs; add to mixture. Mix lightly. Chill. Stir in additional salad dressing before serving, if desired. Garnish with remaining egg, sliced. Serves 6-8

A Christian is a mind through which Christ thinks,

a heart through which Christ loves,

a voice through which Christ speaks,

a hand through which Christ helps.

YOUR PASTA SALAD

Jeanne Watters
Burden UMC

To me, this recipe is Mary's Macaroni Salad. To Mary, it was her mother's Ziti Salad. Make it your own with your favorite pasta and other flavorful additions. Start with:

1 lb. macaroni(Mostaccioli, shells, and rotini make good variations)
3 qt. water
1 t. salt
2 T. vegetable oil
1/4 c. milk

Bring water, oil, and salt to a boil. Add pasta. Simmer until tender (8-15 minutes, according to thickness of the macaroni; follow pkg. directions). Rinse and cool. Add milk and toss. Then add any or all of the following:

1 chopped onion (white, red, or yellow)
3/4 c. sweet pickle relish
1 chopped green pepper
2 lb. chopped tomatoes
1 c. cubed Velveeta cheese or shredded Cheddar
1 lb. chopped cooked meat

For the **DRESSING**, mix together:

1 1/2 c. Miracle Whip
1 t. Hidden Valley Ranch Dry Mix
1 T. vinegar (or red wine vinegar to taste)
2 t. beef bouillon powder (or 1/2 cube crumbled)
1/2 c. sour cream
1/2 t. salt
1 t. sugar (or dry dill weed, to taste)
1 t. worcestershire sauce

Toss; refrigerate several hours before serving.

VEG-ALL-MACARONI SALAD

Allene Archer
Tisdale UMC

1 box Martha Gooch's Macaroni Salad Mix, cooked, drained, rinsed (do not overcook)
2 cans Veg-All Mixed Vegetables, drained
1 c. (or more) chopped celery
1 c. mayonnaise - mix with the seasoning included in the salad mix (all or less to suit your taste; I like it all plus some horseradish mustard to give it more zip)

Combine all ingredients and chill several hours - even 24 or more as the flavors become absorbed into the vegetables. You may not need all the mayonnaise mixture. Just before serving, add: 8 slices of bacon crisply fried and crumbled, 1/2 sm. can French fried onion. Sprinkle remaining onion over the top of the salad. Chunks of diced cheese may also be added, or chunks of cold poultry or cold cuts to make a more hearty salad.

MEAT SALADS

FLYING FARMER CHICKEN SALAD

Wilma Anglemyer
Tisdale UMC

5 c. chopped chicken
2 T. salad oil
1 13 oz. can pineapple chunks
1 11 oz. can mandarin oranges
1 t. salt
3 c. cooked rice
1 1/2 c. grapes
1 1/2 c. chopped celery
2 T. orange juice
2 T. vinegar
1 c. almonds
1 1/2 c. mayonnaise

Combine all ingredients and toss gently. Chill and serve.

CHICKEN SALAD

Isabelle Sauer
Tisdale UMC

2 1/2 c. cut-up cooked chicken
1 c. mandarin oranges, drained
1/2 c. almonds
1 t. minced onion, opt.
1 c. mayonnaise.
1 c. celery
1 c. white grapes
1/2 t. salt
1 pkg. Dream Whip

Mix all together. Enjoy!

SIMPLE AND LITE CHICKEN TACO SALAD

Debbie Moon
friend of Parish

2 cans white chicken
1/2 head lettuce
2 tomatoes
picante sauce
1 pkg. taco seasoning
1/2 moon Cheddar cheese
sour cream
tortilla chips

Do not drain chicken. Place chicken in small pan; add 1/2 of taco seasoning (to your taste) and simmer till water is gone. Remove from heat. Combine salad items and add chicken and mix. Top with crushed chips, sour cream, and picante sauce. Delicious!

A religion that does nothing,
costs nothing,
suffers nothing—
is worth nothing.

TACO SALAD

Dorothy Shannon
Atlanta UMC

1 head of lettuce, broken up
1 onion, chopped
1 can Mexican style beans, chilled & rinsed
1 bottle Catalina dressing
med. pkg. Fritos
2-3 tomatoes, chopped
1 c. shredded cheese

Mix all but dressing and Fritos and chill. Add dressing and Fritos just before serving.

LAYERED TACO SALAD

Debbie Moon
friend of Parish

1 lb. ground beef
1/4 c. chopped onion
1 1/2 qts. chopped lettuce
1 12 oz. can kernel corn, drained
1 16 oz. can kidney beans
3/4 c. (3 oz.) Monterey Jack, shredded
3 oz. Cheddar cheese, shredded
1 pkg. taco seasoning
1/2 c. Pace Picante Sauce
garlic salt, pepper
3 green onions, sliced
1-2 med. chopped tomato
1 avocado, peeled and sliced, opt.
tortilla chips

Season ground beef with pepper and garlic salt; add onion, cook until browned; drain; add picante sauce and small part of pkg. taco seasoning. Mix and simmer 15 minutes. Remove from heat. In large bowl layer salad items as follows: lettuce, corn, beans, onions, jack cheese, sour cream mixture (recipe follows), Cheddar cheese, tomato, avocado. Sour cream mixture: 1 c. sour cream, 1/2 c. mayonnaise, remainder of taco seasoning. Mix well.

TUNA SALAD

Nancy Girod
Burden UMC

1/2 pkg. macaroni cooked according to pkg. directions. In large bowl let macaroni cool; add 1/2 c. mayonnaise or salad dressing, 1 T. prepared mustard, 2-3 hard boiled eggs, diced, 2 cans tuna, green onion sliced (opt.), cheese cubed, 1 can sweet June peas, 1 envelope of Good Seasons Italian Salad Dressing, or Seven Seas Creamy Italian Salad Dressing (if you use the prepared salad dressing you may need to reduce the amount of mayonnaise you use), salt and pepper to taste; pickles or pickle relish may be added. Mix all together and place in an airtight container in refrigerator. The flavors will blend together in about 4 hours.

GOD NEVER TIRES OF HEARING US IN PRAYER.

SUNDAY NIGHT SUPPER -- TUNA SALAD

Dorothy Shannon
Atlanta UMC

1 pkg. frozen corn, cooked and drained
1 pkg. frozen peas, cooked and drained
2 heads of lettuce, broken up
French dressing
3 cans tuna
3 c. diced celery
4 tomatoes, diced
Miracle Whip

Toss together lightly with Miracle Whip and French dressing (half 'n half). Serve with bread or rolls and drink.

SALAD DRESSINGS

DRESSING FOR SLAW

Pauline Jones
Prairie View UMC

4 egg yolks
2 t. vinegar or lemon juice, approx.
pinch of salt
1/2 c. sugar
1 T. butter or cream
1 1/2 c. milk

Cook in double boiler, or in saucepan over low heat stirring constantly, until thickens. Mustard can be added, about 2 t., wet or dry. Cool in refrigerator and pour over dish of slaw. This was used for many family dinners, threshers, and home table use; was very good. This was my mother's recipe and we all liked it.

HOMESTYLE DRESSING

Nancy Kennedy
Prairie View UMC

2 t. instant minced onion
1/8 t. garlic powder
1 c. mayonnaise
1/2 t. salt
1 T. parsley flakes
1 c. milk

Combine all ingredients. Mix well. Chill before serving. Makes 2 c.

BLENDER EGGLESS MAYONNAISE

Susie Tatum
Burden UMC

5 T. evaporated milk
6 T. salad oil
1 pinch sugar
1 pinch paprika
2 T. lemon juice
3/4 t. dry mustard
1 pinch salt

Blend all the ingredients in blender until they are smooth and creamy. Store in a covered jar in the refrigerator. If the mayonnaise separates after a week or so, whip quickly with a fork. It will regain its creamy texture. Makes 2/3 c.

SALAD DRESSING

Vera Pearce
Atlanta UMC

3 egg yolks
1/2 c. sugar
1 c. vinegar (diluted to suit taste)
1 T. flour, heaping
2 t. prepared mustard

Cook slowly until thick, beating with a rotary beater. Add lump of butter.

ZERO DRESSING (low cal)

Phyllis Hull
Hicks Chapel UMC

1 1/2 qt. tomato juice
1/4 c. worcestershire sauce
1/2 t. prepared mustard
1-2 t. onion, fresh or dehydrated
1/2 c. vinegar
2 t. Sucural (liquid)
1/2 t. celery seed
1 1/2 t. paprika

Combine ingredients in large jar. Cover and shake well. Store in refrigerator.

VEGETABLES

SCALLOPED ASPARAGUS

Dorothy Shannon
Atlanta UMC

1/2 c. butter
2 c. milk
1/4 t. pepper
No. 1 can asparagus, drained
1/3 c. dried bread crumbs, buttered
1/4 c. flour
1 t. salt
4 hard boiled eggs
1/2 c. grated cheese
1 sm. can pimento

Make white sauce by blending butter and flour; add milk, salt, and pepper and cook to thicken. Arrange in layers asparagus, chopped pimento, sliced eggs, and cheese. Repeat, pour white sauce over and top with bread crumbs. Bake until brown and bubbly.

An optimist sees the doughnut.

A pessimist sees the hole.

The realist eats it.

SCALLOPED ASPARAGUS

Sue Simmons
Tisdale UMC

1/2 c. butter
1 t. salt
1 2 oz. jar pimento, diced
1/2 c. grated cheese
1/3 c. crushed dry bread crumbs
1/4 c. flour
1/4 t. pepper
4 hard cooked eggs, sliced
2 10 1/2 oz. cans
asparagus tips or spears

Drain asparagus, reserve liquid and add milk to make 1 1/2 c. liquid. Make white sauce with butter, flour, salt, pepper and liquid milk. Grease 1 1/2 qt. casserole dish. Spread half of the asparagus on bottom, half of the eggs, half of the sauce, half of the cheese and repeat layers. Sprinkle pimento throughout. Top with crumbs. Bake in 350 degree oven 20 minutes. Save 3 center slices of egg for garnish on top of crumbs and sprinkle with paprika.

BAKED BEANS

Sue Boling
Grandview UMC

1 lg. can pork and beans
1 envelope Lipton's Onion Soup
2-3 T. catsup
1/4 c. brown sugar
1/4 t. salt
2-5 slices raw bacon

Mix ingredients in baking dish; lay bacon on top. Bake in 300 degree oven 1 hour.

BAKED BEANS

Mildred Wesbrook
Tisdale UMC

4 slices bacon, chop or dice
2 cans pork and beans
1 T. worcestershire sauce
dash garlic powder
1/4 c. diced onion
1/4 c. ketchup
3 T. brown sugar

Cook bacon until crisp. Drain and combine bacon and onion with beans and add other ingredients. Bake in casserole in 350 degree oven until it bubbles or browns on top. Serves 6.

BAKED BEANS

Imogene Hamlin
Grandview UMC

1 lb. can pork and beans
1/2 c. ketchup
1 t. prepared mustard
4 slices bacon, chopped
1/2 c. chopped onion
1/2 c. brown sugar
1 T. worcestershire sauce

Mix well and bake uncovered in 350 degree oven 1 1/4 - 1 1/2 hours.

BAKED BEANS

Edna Hollingsworth
Atlanta UMC

2 c. dry navy beans
1 t. salt
1 med. onion
1/2 c. water
4 T. bacon grease or smoked hock
1/4 c. brown sugar
1/4 t. pepper
1 t. dry mustard
1 sm. can tomato sauce

Soak navy beans overnight. Cook 3 hours or until well done. Add all ingredients and bake in 350 degree oven until it bubbles.

BAR-B-Q BEANS

(from Phyllis Brothers)

Ruth Miller
Tisdale UMC

8 slices bacon
1 c. brown sugar
1 can red kidney beans
1 can pork and beans
1/4 c. vinegar
1-2 cans baby lima beans
1 can large butter beans
1 med. onion

Fry bacon and add to beans. In grease, brown onion and add vinegar and brown sugar and simmer 20 minutes. Drain all beans except pork and beans and mix all together and bake in 350 degree oven 1 hour. (All cans of beans are 16 oz.)

BARBECUED BEANS

Carol Morris
Burden UMC

1 lb. ground beef
1/2 t. salt
1 1 lb. 12 oz. can pork and beans
1 T. vinegar
1/2 c. onion
1/4 t. pepper
1/2 c. ketchup
1/2 t. Tabasco

Brown beef and onion, pour off fat. Add remaining ingredients; mix well. Pour into 1 1/2 qt. casserole. Bake in 350 degree oven 30 minutes. Makes 6 servings.

REFRIED BEANS

Ruth Miller
Tisdale UMC

1 lb. pinto beans, dry
6 c. water
1/4 lb. longhorn cheese, grated
2-3 cloves garlic
1/2 c. bacon drippings
1 t. salt

Soak beans in cold water overnight in large saucepan. Remove water and add hot water. Simmer 2-3 hours or until tender. Melt fat in large frying pan until it starts to smoke. Carefully add cooked beans. Mash with potato masher, adding liquids from beans as needed. Cook slowly for 10 minutes. Top with grated cheese.

BEAN PATTIES

Edna Hollingsworth
Atlanta UMC

1 1/2 c. mashed beans
1/2 lg. onion, chopped
1 pinch sage
1 T. flour
1 egg
1/8 c. canned milk
salt and pepper

Mix and spoon drop in skillet; turn once.

BEAN SALAD

Nellie Craig
Burden UMC

1 can yellow beans, drained
1 can kidney beans, rinsed and drained
1-2 peppers, chopped fine
1 can green beans, drained
1 onion, chopped fine

DRESSING
1 c. vinegar
1/2 t. salt
1 c. sugar

Heat dressing; cool. Mix all other ingredients together and pour dressing over; refrigerate overnight. Keeps well.

CHINESE BEANS

Wendy Dolsen
Atlanta/Prairie View UMC

2 cans French style green beans, drained
1 can bean sprouts, drained
1 can sliced water chestnuts
1 pkg. sharp Cheddar cheese, shredded
1 onion, chopped
1 can mushroom soup
French fried onions

Brown onion in butter and add green beans, sprouts, chestnuts, and cheese; pour into baking dish and spread mushroom soup over all and bake in 350 degree oven 20 minutes. Take out and crumble French fried onions over top and bake for 10 minutes more. Serves 12.

CALICO BEANS

Wanda Donley
Grandview UMC

1/2 - 1 lb. ground beef
3/4 lb. bacon, cut in small pieces
1 T. liquid smoke
2 cans pork and beans
3 T. white vinegar
1 t. salt
1 can butter or navy beans
1 c. ketchup
1/4 c. brown sugar
1 c. chopped onion
1 can kidney beans
dash of pepper

Brown beef and drain, put in crockpot. Brown bacon and onion; drain. Add bacon, onion, and remaining ingredients to crockpot. Stir well, cover, and cook on low 4-9 hours.

CALICO BEANS

Leona Skelton
Tisdale UMC

1 16 oz. can kidney beans
1 16 oz. can butter beans
1 16 oz. can pork and beans
1 12-16 oz. can pineapple tidbits, drained
1 t. or more liquid smoke
2 T. worcestershire sauce
1 med. onion, diced
1/2 lb. bacon
1 16 oz. can green beans
1 1/2 c. brown sugar
optional - 1 lb. hamburger, fried and drained, or 2 c. chopped ham

Fry bacon crisp and then crumble; saute onion; rinse and drain beans; drain pineapple. Put in pot and simmer for several hours. Add more brown sugar and smoke to suit taste.

SWEET AND SOUR BEANS

Cathy Hamlin
Grandview UMC

1/2 c. cider vinegar
3/4 c. brown sugar
2 t. dry mustard
1 sm. can lima beans
1 can baked beans
2 sm. onions, chopped
garlic salt to taste
1 lg. can lima beans
1 can kidney beans

Simmer vinegar, sugar, mustard, onions, and garlic salt 20 minutes. Stir into beans and bake in 350 degree oven 30 minutes.

MOTHER BANNON'S GREEN BEANS

Lela Bannon
Atlanta UMC

1 can green beans
salt and pepper to taste
1/4 c. cream

Pour green beans into saucepan and drain half of the liquid back into can (this way you have liquid to add if beans get too dry while cooking). Add cream and seasoning. Bring to a good simmer and lower heat and simmer 5-8 minutes, depending how much liquid you want on beans. Quick and simple, but oh so delicious!

HARVARD BEETS

Edna Hollingsworth
Atlanta UMC

1/2 c. sugar
2 T. butter
1 can beets, drained
1/2 c. weak vinegar
1/2 T. cornstarch
salt and pepper

Mix all ingredients except beets and cook until thickened; add beets and heat.

BROCCOLI CASSEROLE

Imogene Hamlin
Grandview UMC

1 pkg. frozen cut broccoli, thawed & drained
1 can cream of mushroom soup
1 8 oz. jar jalapeno cheese whip
2 c. cooked rice
5 T. oleo
1 c. chopped onion
1/2 c. chopped celery

Saute onion and celery in oleo. Mix with all remaining ingredients and bake in 350 degree oven 35 minutes.

BROCCOLI CASSEROLE

Dorothy Shannon
Atlanta UMC

1 pkg. chopped broccoli, partially thawed
1 5 oz. can water chestnuts, sliced
1/2 c. chopped green peppers
1/2 c. milk
3 T. oleo
1 c. Minute Rice
1/4 c. chopped onion
1/2 c. chopped celery
1 8 oz. jar Cheez Whiz

Mix broccoli, rice, chestnuts, onion, peppers, and celery together. Mix remainder ingredients and combine. Bake in 350 degree oven 40 minutes.

BROCCOLI CASSEROLE

Kim Tatum
Burden UMC

1 can cream of chicken soup
1 can cream of mushroom soup
1 lg. bag frozen broccoli (or 2 sm. boxes)
4 c. prepared Minute Rice
1 lg. jar Cheez Whiz
1 chopped onion
salt and pepper to taste
1 stick oleo or butter

Mix soups (no water), Cheez Whiz, onion, butter, salt, and pepper in large baking dish. Prepare rice and broccoli. Mix all together and bake in 350 degree oven 30-45 minutes. NOTE: Rice may be adjusted to make casserole the right consistency.

BROCCOLI CASSEROLE

Nancy Kennedy
Prairie View UMC

1 c. Minute Rice
1 can cream of mushroom soup
1/2 c. diced celery
1 10 oz. pkg. frozen chopped broccoli
1 c. water
1/4 c. butter
1/2 c. chopped onion
1 8 oz. jar Cheez Whiz

Bring rice, water, and soup to boil. Cook slowly until rice gets slightly soft, then let set. In another pan, saute butter, celery and onion, then add broccoli to rice mixture and let thaw. Add Cheez Whiz to either mixture; mix all together in casserole dish. Bake uncovered in 350 degree oven 30 minutes. Can also be put into crockpot. Can be made ahead and stored in refrigerator.

BROCCOLI AND RICE CASSEROLE

Gretchen Conway
Burden UMC

1 1/2 c. water
1 pkg. frozen chopped broccoli, thawed
1/2 c. chopped celery
1 can water chestnuts, sliced
1 can mushroom soup or cream of chicken soup
1 c. Minute Rice
1/2 c. chopped onion
4 T. oleo
2 oz. Velveeta, sliced

Cook rice in water. Cook broccoli until done; drain well. Cook onion and celery in oleo until tender, but not brown. Combine soup and cheese; stir in rice and broccoli and celery mixture. Put in casserole and bake in 350 degree oven 30 minutes until bubbly.

MICROWAVE BROCCOLI

Willa Jean Oliver
Burden UMC

1 c. grated American cheese
1 can mushroom soup
1 can onion rings
1 lg. pkg. frozen broccoli
1/2 c. evaporated milk

Place broccoli, frozen, in 2 qt. greased glass casserole. Cook on high for 6 minutes, stirring once. Sprinkle cheese over broccoli. Dilute soup with milk; pour over cheese and broccoli. Cook for 6 minutes on reheat setting. Remove from oven and sprinkle onion rings on top. Return casserole uncovered to oven and cook on high for 2 1/2 minutes. Yield: 4 servings. Very good and easy!

CABBAGE

Nellie Craig
Burden UMC

sm. bunch celery, finely chopped
1 red pepper, chopped
2 heads cabbage, chopped
1 green pepper, chopped
1 small onion
1 T. salt

SYRUP
2 c. vinegar
4 c. sugar
1/2 c. water
1 t. celery seed
1 t. mustard seed

Mix first ingredients and let set for 2 hours, then drain. Combine syrup ingredients and boil 10 minutes; cool. Pour over drained vegetables and refrigerate overnight. Keeps 3 weeks. Good!

CABBAGE

Edna Hollingsworth
Atlanta UMC

Cook cabbage and drain. Chop and put in casserole. Make thin white sauce. Put Velveeta cheese over cabbage, salt, and pepper. Cover with hot sauce, buttered bread crumbs,and bake slowly.

SKILLET CABBAGE

Marilyn Miller
Tisdale UMC

2 slices bacon, cooked
1 c. thinly sliced carrots
1 green pepper, chopped
2 fresh tomatoes, chopped
4 c. shredded cabbage
1 c. sliced celery
1 onion, sliced thin
salt and pepper to taste

Put all ingredients into large skillet. Bring to a simmer and cook covered 5-7 minutes. May add browned hamburger, worcestershire sauce or soy sauce.

CARROT CASSEROLE

Wendy Dolsen
Atlanta/Prairie View UMC

4 c. sliced carrots
1 med. onion, sliced or chopped
1 pkg. potato chips
1/4 c. oleo
1 c. grated Velveeta cheese

Boil carrots until half done in small amount of water. Drain and place in casserole. Add remaining ingredients and cover with crushed potato chips. Bake in 350 degree oven 35-45 minutes. Serves 4-5.

CARROT AND RICE

Cathy Hamlin
Grandview UMC

1 c. grated raw carrots
1 c. grated cheese
1 egg, beaten
1 T. grated onion
1 c. cooked rice
salt and pepper to taste

Bring carrots and onion to a boil in small amount of water; drain. Mix remaining ingredients and stir in carrots and onion and place in buttered casserole and dot with oleo. Place in pan of hot water and bake in 400 degree oven 40 minutes. Top with cream sauce or cheese sauce when served.

CARROT CASSEROLE

Marjorie Kadau
Tisdale UMC

3-4 med.-sized carrots
2 c. water
1-2 T. butter or margarine
1 can condensed Cheddar cheese soup
2 green onions
2 stalks celery
1 t. worcestershire sauce
1 c. quick rice

Grind or grate carrots. Dice onions and celery fine. Place in saucepan, add water, butter, and worcestershire sauce. Bring to a boil and cook 5 minutes, add 1 c. quick rice, let come to a full boil and remove from heat. Let stand tightly covered for 15 minutes. Add undiluted cheese soup, mix well, and place in covered casserole and bake in 300 degree oven 1 hour.

COPPER PENNY

Vera Brothers
Tisdale UMC

2 lb. carrots
1 red onion, chopped
1 c. sugar
1 can tomato soup
dash of salt
1 green pepper, chopped
1/2 c. cider vinegar
1 T. worcestershire sauce
1 t. dry mustard
1/4 c. oil

Cook sliced carrots in salted water until tender; drain and add onion and pepper. Bring soup, oil, worcestershire sauce, vinegar, mustard, and sugar to a boil; add salt and pour over carrots. Cool at least 4 hours. Keeps a long time in refrigerator. Instead of 2 lb. raw carrots, you can use 2 No. 2 1/2 cans of carrots.

CREAMY CORN

Pauline Mosier
Hicks Chapel UMC

1 3 oz. pkg. cream cheese, softened
1 T. butter or margarine
1 lb. can whole kernel corn (2 c.)
1/4 c. milk
1/2 t. onion salt
parsley or paprika

In a saucepan, combine cream cheese, milk, butter, and onion salt. Stir over low heat until cheese melts. Drain corn and stir into cheese mixture. Continue to cook until corn is heated through. Garnish with a spring of parsley or a sprinkle of paprika. Serves 4 or 5.

BEST EVER CORN CASSEROLE

Betty Ankrom
Atlanta UMC

1 15 oz. can whole kernel corn, drained
1 15 oz. can cream style corn
1 pkg. Jiffy Cornbread Muffin Mix
1/2 t. salt
1 t. dried parsley
1 c. sour cream
2 eggs, beaten
1 sm. onion, chopped
dash of pepper

Combine all ingredients and stir together. Bake in greased casserole in 350 degree oven 45 minutes.

ESCALLOPED CORN

Edna DeWitt
Grandview UMC

1 can whole kernel corn, drained
1 c. sour cream
1 pkg. Jiffy Cornbread Muffin Mix
1 can creamed corn
2 t. sugar, opt.
1 stick oleo

Mix all together; put in casserole. Take lid off last 15 minutes so it will brown slightly. Bake in 350 degree oven 45 minutes or until set. I have to bake longer. Can add chopped red or green bell peppers in it for different flavor or arrange rings on top.

CORN CASSEROLE

Wanda Donley
Grandview UMC

1 can whole kernel corn, undrained
2 eggs beaten
1 box Jiffy Cornbread Mix
1 can creamed corn
1 c. sour cream
1 stick oleo, melted

Mix all together and bake in greased 9"x13" pan in 350 degree oven 15-20 minutes. Remove from oven and grate cheese over top. Bake another 20-25 minutes or until set in the center.

CORN PUDDING

Cathy Hamlin
Grandview UMC

1 can corn
1 t. sugar
2 eggs, beaten
1/2 t. salt
2 T. oleo
1 c. milk

Mix corn, salt, sugar, and oleo together. Mix eggs and milk together and stir into corn mixture. Pour into greased baking dish and bake in 300 degree oven 25 minutes.

LIGHT AND LUSCIOUS CORN

Nellie Craig
Burden UMC

2 cans cream style corn
1/2 c. chopped celery
2/3 c. grated cheese
2 eggs, beaten
3/4 c. cream or half & half
1 c. cracker crumbs
1/4 c. chopped onion
1 t. salt
2 T. melted butter
1/4 t. paprika

Mix and pour into 2 qt. casserole and bake in 350 degree oven 1 hour.

SWISS CORN BAKE

Ruth Miller
Tisdale UMC

1 16 oz. pkg. frozen whole kernel corn
1 1/2 c. process cheese, shredded (6 oz.)
2 5 oz. cans evaporated milk
1/4 c. finely chopped onion
3/4 c. whole wheat or white bread crumbs (1 slice)
2 eggs, beaten
1/4 t. salt
2 T. margarine, melted
dash of pepper

Cook corn according to package directions and drain. In medium mixing bowl, combine eggs, 1 c. of cheese, evaporated milk, onion, salt, and pepper. Stir in cooked, drained corn. Pour mixture into an 8" round baking dish or 9" quiche dish and place on baking sheet. Bake in 350 degree oven 20 minutes. Toss bread crumbs with remaining cheese and margarine. Sprinkle on top and bake 5-10 minutes more until golden and bubbly. Makes 8 servings.

EGGPLANT PARMESAN

Gretchen Conway
Burden UMC

1 eggplant, peeled and sliced
1 jar spaghetti sauce (seasoned or season to taste)
1/2 c. grated mozzarella cheese
2 T. Parmesan cheese, grated

Place eggplant slices in 1 qt. casserole or baking dish. Top with sauce and mozzarella cheese. Sprinkle Parmesan cheese over top. Bake, covered, in preheated 350 degree oven 20 minutes; uncover and bake 20-25 minutes more, until eggplant is tender and cheese is bubbly.

BAKED HOMINY

Cathy Hamlin
Grandview UMC

2 15 oz. cans hominy, drained
1 4 oz. can chopped green chilies
8 oz. jar Cheese Whiz
8 oz. sour cream

Mix well and bake in 350 degree oven 45 minutes.

HOMINY DOWN MEXICO WAY

Edna Hollingsworth
Atlanta UMC

1/4 c. margarine or cooking oil
1/2 c. green pepper, minced
2 16 oz. cans hominy, drained
1/2 t. paprika
1/2 c. minced onion
1/2 t. salt
1/8 t. pepper
1 t. chili powder

Put margarine or oil in pan and heat; add onion and green pepper and cook for about 10 minutes. Add hominy, salt, pepper, paprika, and chili powder. Stir and cook until hot. Makes 6 servings.

PASOLEY

Wendy Dolsen
Atlanta/Prairie View UMC

1 can white hominy, drained
1 can cream of mushroom soup
1 sm. can chopped chilies
(I prefer Ortega brand)
1 can yellow corn, drained
1/2 c. chopped onion
1 c. grated cheese (any kind)

Mix all together; heat until bubbly in 350 degree oven about 30 minutes. It reheats well and is even good served cold.

A kindness put off until tomorrow may become only a bitter regret.

HOMINY AU GRATIN

Marjorie Kadau
Tisdale UMC

1 No.2 1/2 can hominy, drained
2 T. butter or oleo
3/4 c. sharp Cheddar cheese, grated
1/2 c. buttered bread crumbs
2 T. flour
1/4 t. pepper
1/2 t. salt
1 c. milk

Make sauce by melting butter or oleo, blend in flour and add milk slowly, stirring constantly until sauce thickens slightly. Remove from heat and add salt, pepper, and cheese; stir until cheese has melted. Add hominy and stir until coated. Pour into greased casserole dish; top with bread crumbs. Bake in 375 degree oven 25-30 minutes or until crumbs are lightly brown.

EASY CHEESY MASHED POTATOES

Maureen Moore
Burden UMC

4 c. hot, seasoned mashed potatoes
1/3 c. chopped green onion
4 oz. sharp Cheddar cheese, cut in 1/4" cubes
1 c. sour cream

Combine ingredients and turn into a greased 1 1/2 qt. casserole. Bake in 350 degree oven 25 minutes.

POTATO CASSEROLE

Dorothy Shannon
Atlanta UMC

2 lb. pkg. hash browns
1 can cream of chicken soup
2 c. grated cheese
salt and pepper to taste
2 c. sour cream
1/2 c. chopped onion
1 stick oleo, melted

Mix together. Bake in 9"x13" pan in 325 degree oven 1 hour and 15 minutes. Substitutes for some of the sour cream: cottage cheese, plain yogurt, buttermilk, or sour cream sauce mix.

POTATO CASSEROLE

Mildred Wesbrook
Tisdale UMC

2 lb. frozen hash browns
(I prefer the kind with peppers)
1 can cream of mushroom soup
2 c. grated cheese
2 c. crushed cornflakes (or potato chips)
1 t. salt
2 T. chopped onion
1 c. sour cream
1/2 c. melted margarine

Mix potatoes, onion, soup, sour cream, and cheese. Pour into greased 9"x13" casserole. Sprinkle crushed flakes on top and drizzle melted margarine over top. Bake in 325 degree oven about 1 hour or until it bubbles. Serves 8. This a good dish for a potluck dinner.

JUDY'S POTATO CASSEROLE

Vada Whitehill
Prairie View UMC

2 lb. pkg. frozen hash brown potatoes (thawed)
1/4 c. melted butter
1 t. salt
1/2 t. pepper
2 T. minced onion
2 c. sour cream
1 can cream of chicken soup
1/2 c. grated American cheese

Mix and put into buttered 9"x13" pan. Bake in 350 degree oven 45-60 minutes. This can be mixed ahead of time and frozen until needed.

POTATO CASSEROLE DELUXE

Willa Jean Oliver
Burden UMC

2 lbs. frozen hash browns, defrosted
1 can cream of chicken soup
10 oz. Cheddar cheese, grated
2 c. crushed cornflakes
1/2 c. chopped onion
3/4 c. melted oleo
2 c. sour cream

Combine potatoes and 1/2 c. melted oleo in large bowl; add onion, sour cream, soup, and cheese. Pour into greased 9"x13" pan. Mix 1/4 c. melted oleo with cornflakes. Sprinkle over potatoes. Bake in 350 degree oven 45 minutes. Yields 16 servings. Given to me by a lady I bowled with from Texas.

POTATOES SUPREME

Sue Boling
Grandview UMC

1 1 1/2 lb. pkg. frozen potatoes O'Brian
1 lg. pkg. cream cheese, softened
1/2 c. shredded cheese
1 can cream of celery soup

Put in 1 1/2 qt. casserole dish and bake 1 1/2 hours covered; add shredded cheese and bake 30 minutes uncovered.

SOUTHERN STYLE SCALLOPED POTATOES

Leona Skelton
Tisdale UMC

2 lb. pkg. frozen hash browns
1 can cream of mushroom soup
1 can cream of chicken soup
salt and pepper
1 c. sour cream and chives
1 c. milk
8 oz. cheese, grated

Combine all and put in buttered 9"x13" pan and bake in 350 degree oven 1 1/2 hours.

SPUDS ELEGANT

Leona Skelton
Tisdale UMC

5 lb. potatoes, 12 lg.
1 1/2 c. sour cream
pepper
8 oz. cream cheese
1 T. salt

Peel potatoes and cook in salt water until tender. Mash and beat in softened cream cheese, sour cream, and salt. Cool to room temperature, then store in refrigerator. To reheat, put in buttered casserole, dot with butter or cheese and bake in 350 degree oven 25-30 minutes. Makes 12 cups.

WORLD FAMOUS POTATOES

Lela Bannon
Atlanta UMC

6 Idaho potatoes (2 1/2 lb.)
1 pkg. dry onion soup mix
1/2 c. margarine
3/4 c. water

Cut washed, unpeeled potatoes into 1/4" slices. Melt margarine in water. Add dry onion soup and mix. Layer potatoes and liquid into a 2-2 1/2 qt. casserole. Bake covered in 350 degree oven 1 hour. Will hold in warm oven indefinitely. They are good warmed over the next day.

SPINACH CASSEROLE

Kathy Rogers
Tisdale UMC

16 oz. small curd cottage cheese
6 T. flour
1/2 lb. Velveeta cheese, cut in cubes
2 boxes chopped frozen spinach, thawed and drained
6 eggs
2 T. butter
salt and pepper

Beat all ingredients together with electric mixer in large bowl. Pour into greased casserole dish and bake in 350 degree oven about 1 hour. Serves 8.

SPINACH SOUFFLE

Ruth Ann Smith
Tisdale UMC

4 T. oleo
1 c. milk
1 10 oz. pkg. frozen chopped spinach
4 T. flour
2 eggs, separated

Cook spinach 4-6 minutes (DO NOT OVERCOOK); drain. Melt oleo; stir in flour, add milk; cook over low heat, stirring constantly until thickened. Add egg yolks and spinach to white sauce. Beat egg whites until stiff. Fold spinach mixture into egg whites. Pour mixture slowly into greased casserole; set in pan of hot water and bake in 300 degree oven 30-40 minutes or until inserted knife comes out clean. Serve immediately.

SWEET POTATO CASHEW BAKE

Wendy Dolsen
Atlanta/Prairie View UMC

5 med. sweet potatoes (2 lb.)
1/2 c. packed brown sugar
1 8 3/4 oz. can peach slices, drained
1/2 t. salt
1/2 c. broken cashews
1/4 t. ground ginger
3 T. butter

Prepare and cook whole sweet potatoes in water. Drain, peel, and cut crosswise into thick pieces. Combine sugar, cashews, ginger, and salt. In a 6"x10"x2" pan, layer half each of the sweet potatoes, peach slices, and sugar mixture. Repeat layers. Dot with butter. Bake, covered, in 350 degree oven 30 minutes. Uncover; bake about 10 minutes longer. Spoon sugar syrup over before serving. Serves 6-8.

STUFFED ACORN SQUASH

Willa Jean Oliver
Burden UMC

2 sm. acorn squash
2 T. chopped onion
4 T. oleo
1 1/2 c. soft bread crumbs (2 slices)
1/4 c. chopped celery
2 T. chopped green pepper
1 c. cooked ham
2 T. oleo

Cut squash in half and remove seeds; place squash, cut side down, with small amount water in shallow baking pan. Bake in 350 degree oven 45-50 minutes or until squash is done. Next cook together celery, onion, and green pepper in 4 T. oleo until tender. Then chop cooked ham. Toss bread crumbs with 2 T. melted oleo. Scoop out pulp of cooked squash, being careful not to break shell. Mash squash, fold in cooked vegetables, ham, 1/2 t. salt, and 3/4 c. of the bread crumbs. Return squash mixture to shells. Sprinkle remaining crumbs on top of squash. Bake 10 more minutes or until heated through. This may sound like a lot of trouble, but it isn't. We have this every fall.

BAKED MASHED SWEET POTATOES

Dee Morland
Burden UMC

3 c. mashed sweet potatoes (or squash) (peeled, boiled)
1/2 c. butter
1/2 c. flour
1/2 c. nuts
1 c. sugar
3 eggs
1 c. brown sugar
1/4 c. margarine

Combine sugar, eggs, and butter and mash with sweet potatoes. Spoon into a 2 qt. casserole dish. Mix brown sugar, flour, margarine and nuts and sprinkle on top. Bake in 350 degree oven 30-45 minutes.

TURNIPS

Lela Bannon
Atlanta UMC

FRIED - Peel and slice turnips about 1/4" thick. Dip in egg and flour and fry to a deep golden brown. May be so camouflaged you can convince the non-turnip fans of your family they are really pretty good eating. BAKED - These are delicious. Peel turnips and slice about 1/2" thick; roll these in flour, salt and pepper. Put in baking pan with meat fryings and sprinkle just a little sugar on top. Bake until tender and brown.

MICROWAVE TOMATO SAUCE

Dee Morland
Burden UMC

5-6 tomatoes, NOT peeled
1 stalk celery cut into chunks
3/4 t. dried parsley or 3 t. fresh
1 T. sugar
1 t. salt
1 onion cut into chunks
3/4 t. dried basil
3/4 t. oregano
1 T. olive oil

Put all in food processor or blender. Combine until thick and chunky. Add 3-4 drops of food coloring, if tomatoes used are not of a deep red variety. Place sauce in large glass bowl. Cook uncovered in microwave for 25 minutes, stopping every 5-6 minutes and stirring. (If you do not have a microwave oven, cook on top of range for about 1 hour or until cooked to desired sauce consistency.) To preserve by canning, pour into glass sterilized jars, leaving 1/2" head space. Process in hot water bath for 10 minutes. USE: Makes a delicious sauce for spaghetti, use in lasagna, in meatloaf, casseroles, etc.

VERA HEFFNER'S ZUCCHINI CASSEROLE

Cathy Hamlin
Grandview UMC

2 lb. zucchini, unpeeled
1 can cream of chicken soup
2/3 pkg. chicken flavor Stove Top Mix
1 c. sour cream
1 med. onion, chopped
1 stick soft oleo

Slice and cook zucchini in salted water 8 minutes and drain. Mix remaining ingredients and add zucchini. Place in casserole dish and top with remaining stuffing mix. Bake in 350 degree oven 30 minutes.

No matter what –

we all eventually get into trouble

when we try to do things without God.

WILD RICE CASSEROLE

Erma Roberts
Tisdale UMC

1/4 c. butter
1 c. wild rice (Uncle Ben's with seasoning packet)
1-2 cans drained mushroom pieces
1/2 c. blanched almonds
2 T. chopped green onion
3 c. chicken broth

Put above ingredients, except broth, in heavy frying pan and stir over medium heat until almonds are slightly brown. Add broth. Pour in 1 1/2 quart baking dish; cover tightly and bake in 325 degree oven 1 1/2 hour.

VEGETABLE CASSEROLE

Leona Skelton
Tisdale UMC

2 lg. pkg. frozen California vegetables
2 cans cream of mushroom soup
1 can French fried onion rings
1 12 oz. pkg. mozzarella cheese, shredded
1 c. sour cream
1 jar diced pimento
1 lg. can mushrooms,drained

Defrost vegetables and mix all together except onion rings and mozzarella cheese. Put in 9"x13" glass pan. Put one handful of cheese with mixture and bake 30 minutes covered. Uncover and add cheese and onion rings and bake 5 more minutes.

ZUCCHINI

Carroll Shivers
Grandview UMC

1 lg. zucchini (12" long)
green peppers
small can tomatoes (or several fresh ones)
rice
Parmesan or other cheese
onions
garlic salt
hamburger
soy sauce

Cut zucchini in two lengthwise; scoop out seeds. Baste with butter and bake in 350 degree oven 1 hour. Saute onions, green peppers, and garlic in butter. When done add small can tomatoes and simmer until done. Brown hamburger, drain and mix with other ingredients. Cook rice (finished 2-2 1/2 c.); add to mix along with touch of soy sauce. Fill squash top with Parmesan or other cheese. Bake 10-15 minutes until cheese melts.

Here is the surest way to determine how good your character is –

can you take personal criticism

without feeling malice toward the one who gives it?

VEGETABLE CASSEROLE

Vera Pearce
Atlanta UMC

1 12 oz. can white corn
1 2 oz. can chopped pimento
1/2 c. shredded sharp Cheddar cheese
1 16 oz. can green beans
1/2 can cream of celery soup
1/2 c. chopped celery
1/2 t. salt
1/2 c. chopped onion
1/2 c. sour cream
1/2 t. pepper

TOPPING
1/4 c. melted margarine
1 c. Ritz Cracker crumbs

Mix vegetables and ingredients together and put in pan; mix topping mixture and sprinkle on top. Bake in 350 degree oven 45 minutes or until brown.

MARINATED VEGETABLES

Mildred Wesbrook
Tisdale UMC

1 can LeSoure peas
1 can French green beans
1 c. diced celery
1/2 red onion in rings
2/3 c. vinegar
salt
1 can shoe peg corn
1 3 oz. can pimentos
1 green pepper, diced
1/2 c. oil
1/2 c. sugar

Drain peas, green beans, corn, and pimentos; add celery, green pepper, and onion. Mix oil, vinegar, sugar, and salt and pour over vegetables and marinate. Will keep for a week in the marinade.

MIXED VEGETABLE CASSEROLE

Erma Roberts
Tisdale UMC

1 1 lb. 4 oz. bag frozen vegetables, cooked and drained
1/2 c. bread crumbs (I prefer to use croutons and crush into crumbs)
1/3 c. mayonnaise
1 1/2 c. grated cheese
1/2 c. sour cream
3 T. oleo

Combine sour cream, mayonnaise, and 1 c. cheese. Pour over cooked vegetables and mix well. Pour into a 2 qt. casserole, sprinkle remaining cheese on top, then the crumbs. Drizzle the oleo on top. Bake in 350 degree oven for 30 minutes.

SOME HELPFUL HINTS

To make your own hash browns, cook potatoes in their jackets until almost done. Peel cooked potatoes. Grate on wide grater edge. Form into the shape wanted. Package, label, date and freeze immediately When ready to use the hash brown, fry amount desired in cooking oil, using covered pan, until potatoes are golden brown on both sides and heated through. Season to taste.

Try grated Parmesan cheese on top of tomato soup; delicious!

Add 2 tablespoons of vinegar to each box of gelatin to give a firmer set. It won't spoil the taste.

To prevent boiled potatoes from turning black, sprinkle cream of tartar in water while cooking.

Boil fresh carrots with skins on, then place under cold water to loosen skins so they can be easily removed.

If you want to keep rice, macaroni, potatoes, and other starchy foods from boiling over, try adding a teaspoon of butter or oil while boiling.

SOME FAVORITE RECIPES IN THIS SECTION

A RECIPE FOR	PAGE NUMBER

Cakes, Cookies & Candy

Breads & Rolls

Main Dish Mentionables

Make frying seafood easy. There is a product called " Golden Dipt Fish Coating" available at grocery stores that makes coating fish easy. This product is used by most restaurants and it is quick and easy. Just follow directions.

To keep meat moist and flavorful when reheating it - without adding extra fat - place a lettuce leaf in the bottom of a casserole, put meat on lettuce, then cover with another lettuce leaf. Add a little water to the bottom of the pan and heat at 350° until meat is hot.

Bringing home the bacon: Keep bacon slices from sticking together by rolling the package into a tube shape and securing it with a rubber band before refrigerating.

Stopping the splattering: To keep hot fat from splattering, sprinkle a little salt or flour in the pan before frying.

Juicier burgers: Add one stiffly beaten egg white to each pound of hamburger. Or, make patties with one tablespoon of cottage cheese in the center.

No more fowl play: Defrost frozen chicken by soaking in cold water that's been heavily salted. Meat will be pure white and very flavorful.

After cooking, small roasts should sit for 10-15 minutes before carving, a large roast should sit for 20-30 minutes.

A fork should never be stuck in meat while frying or grilling as it punctures the meat and lets the juices out. Use tongs.

Thaw meats in the refrigerator so as not to lose juices.

Spray your barbecue grill with vegetable oil to prevent sticking.

Instant potatoes are a good thickening for stews.

Bacon that has been fried and drained crisp can be frozen in foil; reheat in toaster oven to crisp.

Dip your fingers in water to prevent meatballs from sticking to your hands.

Meat loaf can be cooked in individual muffin pans in half the normal baking time.

BRISKET

Carroll Shivers
Grandview UMC

3-5 lb. brisket
2 T. Kikkoman Soy Sauce
2 t. black pepper
1 t. garlic granules
1/4 c. water
2 T. liquid smoke
2 t. celery seed
2 t. worcestershire sauce
1 t. onion salt

Trim fat off row brisket where possible. Place brisket on large sheet of foil in a pan. Mix remaining ingredients and pour over brisket. Fold foil up and seal, then marinate overnight. Do not open. Bake in 300 degree oven about 5 hours or until tender to fork. Serves 6-8.

BARBECUED BEEF BRISKET *

Rose Marie Watt
Grandview UMC

Marinate a 3-5 lb. beef brisket covered overnight in: 4 oz. soy sauce; 1 can beef consomme'; juice of 1 lemon; dash of garlic salt. Next morning, remove brisket from marinade, sprinkle with paprika and wrap in heavy duty aluminum foil. Bake in 350 degree oven 4 hours, or in 275 degree oven 6 hours, or in a crockpot on low 11-12 hours. Cool and slice thin. Reheat in barbecue sauce (recipe follows) in 300 degree oven 30 minutes, or in crockpot on low for several hours.

BAR-B-QUE BRISKET *

Sarah Jo Sympson
Tisdale UMC

3-5 lb. beef brisket
4 oz. soy sauce
1 can beef consomme
juice of 1 lemon
dash of garlic salt
paprika

Marinate brisket overnight in soy sauce, lemon juice, and garlic salt; pour off. Sprinkle meat with paprika. Wrap in heavy foil and bake in 350 degree oven 4 hours, or in 275 degree oven 6 hours. Cool, slice thin, and reheat with following sauce in 300 degree oven 30 minutes.

* Barbecue Sauce for above Brisket recipes

Rose Marie Watt
Sarah Jo Sympson

1 c. catsup
4 T. worcestershire sauce
2 T. liquid smoke
4 T. brown sugar
4 T. vinegar

Simmer all ingredients except liquid smoke 10 minutes. Add liquid smoke.

OVEN BARBECUED RIBS

Sue Boling
Grandview UMC

1/4 c. brown sugar
1 T. salt
1 c. tomato puree
1 T. chili powder
1 T. paprika
1/4 c. vinegar

Combine brown sugar, chili powder, salt, and paprika. Rub on ribs. Put ribs on foil covered broiler pan in 325 degree oven 45 minutes. Mix any left over sugar mixture with tomato puree and vinegar. Remove ribs from oven and coat with remaining mixture. Return to oven for 1 1/2 hours, basting occasionally. If ribs start to burn, lower temperature to 300 degrees.

GRILLED CHUCK ROAST

Joanne Black
Burden UMC

3-4 lb. chuck roast (11/2"-2" thick)
1 T. sesame seed
1/2 c. strong coffee
1/2 c. soy sauce
1 T. butter or margarine
1 T. worcestershire sauce
1 T. vinegar
1 lg. onion, chopped

Melt butter, add sesame seed and brown slightly. Add coffee, soy sauce, worcestershire, vinegar, and onion. Pour over roast and refrigerate 12-24 hours, turning often. Bring to room temperature last few hours before grilling on barbecue grill until desired doneness.

ROUND STEAK SPECIAL

Naomi Howard
Burden UMC

1 lg. round steak cut into serving pieces
1 can cream of mushroom soup
1 pkg. Lipton Onion Soup

Layer steak in crockpot with onion soup over each layer. Pour 1 can soup over top. Start on high until warm, reduce heat to low and cook 6 hours. Drippings make good gravy.

MOCK CHICKEN FRIED STEAK

Hazel Spengler
friend of Parish

1 egg, beaten
1/4 c. milk
1 c. crushed soda crackers
1 t. chilli powder
1/4 t. salt
1/4 t. worcestershire sauce
1 lb. ground beef
2 t. cooking oil

Combine egg, milk, half of the cracker crumbs, chili powder, salt, worcestershire sauce, and ground beef; mix well. Shape into patties approximate 1/2" thick. Coat with crackers crumbs. Cook in hot oil over medium heat until done. I used a little less chili powder and liked it much better.

CHOPPED STEAK

Marilyn Bunyan
formerly Tisdale UMC

(Barrigada, Guam)

3 lbs. round steak, sliced into short thin strips
2 large onions sliced
2 cloves garlic, chopped fine, opt.
1 c. hot water
2 T. cooking oil
1/4 c. soy sauce
1/4 c. vinegar or lemon juice

Saute onion and garlic in hot oil to soft stage; add meat and stir-fry until about half done. Add vinegar or lemon juice, cover and simmer 5 minutes. Add hot water and continue simmering another 20 minutes or until meat is tender. Very thinly sliced carrots, celery , and cabbage can be added to the meat at the end of cooking. If gravy is desired, add 2-3 c. water instead of 1 and when meat is tender, thicken broth with a cornstarch paste and cook a few minutes more while stirring. Serve over hot rice. Serves 6-8.

SALISBURY STEAK

Isabelle Sauer
Tisdale UMC

1 2/3 c. crushed saltines
1/2 c. catsup
2 t. chopped onion
1 t. worcestershire sauce
1/2 t. pepper
1/2 t. nutmeg
1 10 1/2 oz. can cream of mushroom soup or cream of celery soup
1 4 oz. jar sliced mushrooms, drained
1 T. chopped pimento
2 lb. ground beef
2 eggs
2 t. chopped parsley
1 1/2 t. salt
1/2 t. marjoram
1 c. milk
2 T. butter
1 t. orange juice
garlic salt

Combine saltines, ground beef, catsup, eggs, onion, parsley, worcestershire sauce, salt, pepper, marjoram, and nutmeg; mix well. Shape into oval patties and place in deep baking dish. Heat soup with milk, butter, juice, and garlic salt; pour over patties; cover. Bake in 350 degree over 45 minutes. During last 10 minutes add mushrooms and pimento.

Enthusiasm is contagious,
but the lack of enthusiasm is even more contagious.
Which do I spread?

SKISH-K-BOB (meat marinate)

Marcia Bolander
Tisdale UMC

8 oz. low cal Italian dressing
1 t. worcestershire sauce
1/4 t. liquid smoke
1 T. A-1 Sauce
1/4 c. Wesson Oil
1/2 t. Greek seasoning
1/4 t. garlic salt
2 T. teriyaki sauce
1 t. soy sauce
1/4 c. Heinz 57 Sauce
1/4 c. Otts French Dressing
1 t. vinegar
1/4 t. salt
1/4 t. pepper

Marinate meat chunks 2-3 days until very tender. Put on stick with bell pepper chunks, potatoes, mushrooms, and onions, or any favorite combinations; grill outside for best taste. Red peppers optional. This is best with cubed sirloin steak.

BEEF WITH BROCCOLI

Ida Finney
Tisdale UMC

3/4 lb. beef (top round or flank steak)
2-3 green onions
3/4 c. oil
3 T. soy sauce
1 t. corn starch
dash pepper and salt
1 bunch dark green broccoli
3 slices ginger root
1/4 c. broth or water
1/4 t. sugar
1 T. sherry

MARINATE SAUCE

1 T. sherry
1 T. soy sauce
1 1/2 t. cornstarch
dash sugar

Before preparing broccoli, put pot of water on to boil. Starting from the bottom, peel off outer layer of broccoli and cut off florets from stems. Peel off all hard ends. Cut broccoli diagonally into evenly divided pieces, about bite size. Just cut florets apart. After water boils, remove from heat and put broccoli into water for 5 minutes. If you are preparing the broccoli ahead of time, add a pinch of baking soda. After 5 minutes, drain into colander. Remove fat from meat and cut into small slices against the grain of the meat. After meat is sliced, marinate in sauce. To make the meat more tender, add a pinch of baking soda into the marinating sauce. After the meat is marinated, place meat into hot oil in skillet. Cook meat until it changes color and remove from oil. Put 2 T. oil back into skillet and brown some of the onion (slice onions diagonally) and 3 slices of ginger root (sliced like potatoes). Add broccoli, a little more oil and broth (or water). Add soy sauce, and sugar while still on high or medium high heat. Cook broccoli 2-3 minutes, depending on how crunchy you want your broccoli, and salt and pepper to taste. Add cornstarch paste. Put beef back into broccoli and take out ginger root. If more soy sauce is needed, add at this time. Pour onto dish and pour sherry over meat mixture.

HUNGARIAN GOULASH

Cathy Hamlin
Grandview UMC

2 lb. round steak, cubed
1/4 c. shortening
1/4 t. each pepper and dried thyme
1 clove garlic, minced
1/4 c. flour
1 T. paprika
1 t. salt
1 c. chopped onion
2 bay leaves
1 28 oz. can tomatoes
1 c. sour cream
hot buttered noodles

In large skillet, brown meat in shortening. Reduce heat, add onion and garlic. Cook until onion is tender. Stir in flour, paprika, salt, pepper, thyme, and bay leaves; add tomatoes. Cover and simmer 1 hour, stir often toward end of cooking. Remove bay leaves; stir in sour cream and serve over noodles. 8 servings.

CALICO BEAN CASSEROLE

Nancy Girod
Burden UMC

1 lb. hamburger
1/4 lb. bacon cut in small pieces
1 can pork and beans
1 can red kidney beans, drained
2 T. vinegar
1 T. mustard
1/2 c. chopped onion
2 cloves garlic
1 can lima beans, drained
1/2 c. brown sugar
1/2 c. catsup
salt and pepper to taste

Brown hamburger with bacon and onion; combine remaining ingredients and place in a casserole dish. Bake in 300 degree oven 1 hour and 30 minutes. Let cool and serve.

HAMBURGER BEAN DISH

Hazel Felker
Prairie View UMC

1 sm.onion, chopped
1/2 lb. bacon, finely chopped
2 T. vinegar
1/4 c. sugar
1 can chili without beans
1 2 1/2 size can green lima beans
1 16 oz. can great northern beans
1 lb. hamburger
1 c. catsup
2 T. prepared mustard
3/4 c. brown sugar
1 16 oz. can kidney beans
1 T. worcestershire sauce

Brown onion, hamburger, and bacon; drain all canned beans and add to meat; add all remaining ingredients and mix together; bake until hot or put in crockpot for 2 hours.

DO ALL YOU CAN AND MAKE NO FUSS ABOUT IT!

EGG NOODLE CASSEROLE

Cathy Hamlin
Grandview UMC

8 oz. egg noodles
16 oz. tomato sauce
1 T. sugar
1 c. cottage cheese
1/2 c. chopped green peppers
grated cheese
2 lbs. ground beef
salt and pepper to taste
8 oz. cream cheese
1 c. sour cream
1/2 c. chopped onion

Cook noodles and drain. Brown ground beef, drain. Add tomato sauce, salt and pepper to taste, and sugar. Blend cream cheese, cottage cheese, sour cream, chopped onion, and green pepper. Place 1/2 the noodles in greased 9"x13" pan and top with 1/2 the cheese mixture; add remaining noodles and cheese. Top with ground beef and bake in 350 degree oven 40-45 minutes. Top with grated cheese. Serves 8-10.

CHEESEBURGER PIE

Erma Roberts
Tisdale UMC

1 lb. ground beef
1/2 c. evaporated milk
1/2 c. catsup
1/3 c. fine dry bread crumbs
1/2 t. dried crushed oregano
1/4 c. chopped onion
3/4 t. salt
1/8 t. pepper
1 t. worcestershire sauce
1 unbaked 8" pie shell
1 c. (4 oz.) shredded processed American cheese

Combine beef, milk, catsup, crumbs, onion, salt, pepper, and oregano; put in unbaked pie shell. Bake in 350 degree oven 35-40 minutes. Toss together cheeses and worcestershire sauce; spread on top of meat. Bake 10 minutes; remove from oven; let stand 10 minutes before serving.

CASSEROLE DELUXE

Lela Bannon
Atlanta UMC

2 big c. uncooked noodles
1 1/4 -1 1/2 lb. lean ground beef
1 can whole kernel corn
1 med. onion, minced
1 1/2 c. water (more or less)
1 can tomato soup
1 c. grated Cheddar cheese
1 sm. can ripe pitted olives
2 big T. margarine

Fry minced onion in margarine until brown; add meat, stir and cook until brown; add soup and water. Add noodles and cook, stirring often, until noodles are tender, about 10 minutes. Salt to taste; add corn and olives. Pour in buttered casserole; sprinkle on cheese. Bake in 350 degree oven 45 minutes. 10 good portions.

HAMBURGER TATER TOT BAKE CASSEROLE

Phyllis Perrigo
Burden UMC

hamburger
onion soup mix
frozen peas
cream of mushroom soup
tater tots

In a casserole, put a layer of hamburger that has been cooked and drained. Sprinkle onion soup mix over this, then put a layer of frozen peas, then spread a layer of mushroom soup, then more onion soup; then place a layer of tater tots. Bake in 350 degree oven about 45 minutes. You can make this any size you want. Nice for covered dish dinners.

TATER TOT CASSEROLE

Tracy Horst
Tisdale UMC

1 1/2 lb. hamburger
garlic, paprika, and pepper to taste
1 can mushroom soup
1 can evaporated milk

Brown hamburger in skillet and sprinkle with garlic, paprika, and pepper. In a bowl mix soup and milk. Put tater tots in a 2-qt. casserole dish. Next add hamburger and soup mixture. Stir and bake in 350 degree oven 2 hours.

BAR-B-QUED MEATBALLS

Judy Kunkel
Tisdale UMC

3 lbs. hamburger
2 c. oatmeal
2/3 c. chopped onion
2 t. pepper
1 c. evaporated milk
2 eggs
1/2 t. garlic powder
2 t. chili powder

Make into balls the size of walnuts and place in baking dish in single layer. Makes 75 balls.

SAUCE

2 c. catsup
2 T. liquid smoke
1/2 c. chopped onion
1 1/2 c. brown sugar
1/2 t. garlic powder

Mix the sauce and pour over meatballs. Bake in 350 degree oven 1 hour. Can freeze and bake later if desired.

Love is an unusual game.
There are either two winners or none at all.

BAKING POWDER MEATBALLS

Isabelle Sauer
Tisdale UMC

3 slices soft white bread broken in small pieces and soaked in 2/3 c. milk. Blend well; add 1 lb. ground beef, 1 T. minced onion, 2 t. baking powder, 1 t. poultry seasoning, (sage or thyme), salt and pepper to taste. Blend well. Form into balls, brown in small amount of fat. Place in casserole and cover with 2 cans mushroom (or celery) soup. Cover, bake in 350 degree oven about 45 minutes. (This recipe was given to me by Pearl Notz and enjoyed by many of my friends.)

BARBECUE MEATBALLS

Willa Jean Oliver
Burden UMC

1 1/2 lbs. ground lean beef
1 c. quick oatmeal
1/2 c. chopped onion
1 t. salt
1/4 t. black pepper
1 egg
1 sm. can evaporated milk
1/4 t. garlic powder
1 t. chili powder

Mix beef and other ingredients together and shape into walnut-sized balls. Place in flat 9"x13" pan in a single layer.

SAUCE

1 c. catsup
1 T. liquid smoke
1/4 t. garlic salt
1 c. brown sugar
1/4 c. chopped onion

Mix sauce ingredients until sugar is dissolved and pour over meatballs. Bake in 350 degree oven 1 hour.

PIZZA MEATBALLS

Peggy Shields
Tisdale UMC

2 lbs. lean ground beef
2 slices shredded bread
1 T. Italian spices (seasoning)
pizza sauce or Ragu Sauce
2 eggs
1/2 c. dried diced onion
Monterey Jack cheese

Mix well and make meatballs the size of golf balls. Place small cube Monterey Jack cheese in the middle of each meatball. Roll in flour and deep-fat fry in oil; drain well; place in baking dish and pour large jar of pizza sauce or Ragu Sauce over top with Monterey Jack cheese. Bake in 350 degree oven until cheese has melted, about 15 minutes. Serve with spaghetti and a tossed salad.

BARBECUED MEATBALLS

Sarah Jo Sympson
Tisdale UMC

1 13 oz. can evaporated milk
3 lbs. ground chuck
2 c. oatmeal
2 eggs
2 tsp. chili powder
1 c. chopped onion
1/2 t. garlic powder
2 t. salt
1/2 t. pepper

SAUCE

2 c. catsup
2 T. liquid smoke
1 1/2 c. brown sugar
1/2 t. garlic powder
1/2 c. chopped onion

Mix meat with ingredients and shape into balls the size of walnuts. Place in pan, only one layer to each pan. Mix the sauce until the sugar is dissolved and pour over meatballs and bake in 350 degree oven 1 hour. Approximately 12-15 servings. I make meatballs and bake them and freeze on weekends. I also make sauce and store in refrigerator. When I need meatballs, I take them out of freezer, put into crockpot, pour sauce over them and heat.

STUFFED PEPPERS

Jeanette King
Grandview UMC

4 green peppers
2 c. cooked rice (about 2/3 c. uncooked)
1 1/2 t. salt
2 8 oz. cans tomato sauce
1 lb. ground beef
1/4 c. chopped onion
1/8 t. pepper

Cut green peppers in half lengthwise; remove seeds and wash. Combine ground beef with rice, onion, salt, pepper and 1/2 can tomato sauce. Pile lightly into pepper halves and place in large baking dish. Pour remaining tomato sauce over each pepper. Cover tightly and bake in moderate oven, 350 degrees, 1 1/4 hours or until peppers are tender, basting occasionally. Serves 4-6.

BAKED HAMBURGER STEAK

Imogene Hamlin
Grandview UMC

1 can cream of mushroom soup
1/2 c. bread crumbs
1/4 c. chopped onion
1 1/2 lbs. ground beef
1 egg, beaten
1/3 c. water

Mix 1/4 c. soup with all ingredients except water. Make into patties and bake in 350 degree oven 30 minutes. Spoon off fat and add rest of soup and water. Bake another 10 minutes.

YONCETTI

Lorene Bailey
Tisdale UMC

2 lbs. ground beef
2 lg. green peppers
1 recipe noodles
2 T. worcestershire sauce
1 No. 2 can tomatoes
2 c. celery
2 onions
1 c. milk
grated cheese

Saute beef, peppers, celery, and onions in butter. Add milk and tomatoes (which have been heated), 2 T. worcestershire sauce, 1 recipe noodles; season with salt and pepper. Place in baking dish and sprinkle with grated cheese and bake in 350 degree oven 45 minutes.

"BEST MEATLOAF IN THE WORLD"

Jeanette King
Grandview UMC

1 lb. ground beef
1 c. soft bread crumbs
1 t. crushed oregano
1 1/2 t. onion powder or 1 t. chopped onion
1 t. celery salt or 1 t. salt
dash pepper
3 T. Heinz 57 Sauce
1 egg, slightly beaten
1/4 c. milk
1 t. thyme
1 T. soy sauce

Combine all ingredients. Place in lightly greased loaf pan. Brush top with additional Heinz 57 if desired. Bake in 350 degree oven 1 hour. Allow to stand 5-10 minutes before slicing.

INDIVIDUAL FILLED MEAT LOAVES

Ava Deets
Burden UMC

2 lb. hamburger
6 slices processed cheese
salt, pepper, garlic salt
2 c. mashed potatoes
1 can tomato soup
1 sm. onion, chopped

Season the hamburger with salt, pepper, and garlic salt and mix well. Divide into two 1 lb. balls. Make each 1 lb. into six thin patties. On 6 of the patties place a slice of cheese, folded, so it does not touch edge of patty. Then place heaping spoonful of mashed potatoes on the cheese. Then place a plain patty over the potatoes and seal edges well. Brown the patties over high heat, having patties touching each other. Turn heat down. Mix tomato soup as directed on can, add chopped onion and seasoning as you like. Bring to a boil and pour over the loaves. Simmer, covered for at least 1 hour. Hot French bread, tossed salad, and these loaves makes a complete meal.

TOPPING FOR MEAT LOAF

Vada Holt
Prairie View UMC

1/2 c. catsup
1 1/2 T. vinegar
3 T. brown sugar

Mix and spread on top of meat loaf before baking.

FROSTED MEAT LOAF

Gretchen Conway
Burden UMC

1 lb. ground beef
1/2 t. pepper
2 T. minced onion
1 egg
1/4 c. milk
1/2 10 oz. can cream of mushroom soup
1 t. salt
1 T. chopped green pepper
dash of oregano
1/2 c. oatmeal
1/2 c. sour cream

Mix all ingredients except sour cream and soup. Shape into loaf; place in 1-qt. baking dish or pan. Bake in 350 degree oven 50 minutes. Drain grease; mix sour cream and soup together; pour over meat loaf and bake 10 minutes more.

HAMBURGER ROLL

Gretchen Conway
Burden UMC

1 1/2 lbs. hamburger
3/4 c. oatmeal
1 t. salt
1/2 c. chopped onion
2 c. grated mozzarella cheese
1 egg
1 t. oregano
1/8 t. pepper
2 sm. cans of tomato sauce

Mix together all but cheese and 1 can of tomato sauce and roll flat about 3/4" to 1" thick. Spread cheese over meat. Roll and seal edges so the cheese cannot be seen. Bake in a shallow pan in 350 degree oven for 1 hour. Drain off fat and pour 1 small can tomato sauce on top and bake 15 minutes longer.

JOPAT'S BEEF AND VEGETABLES ON SNOW

Wendy Dolsen
Atlanta/Prairie View UMC

Fix several big potatoes into mashed potatoes. While these are cooking, brown 1 lb. hamburger, chopped onion, salt and pepper to taste in a skillet. When brown, drain the grease; add 1 can vegetable soup (without adding any additional water for soup). Simmer a few minutes. Then serve beef vegetable mixture in the hollow of a mound of mashed potatoes.

HAMBURGER AND BEAN BAKE

Kathryn Miller
Tisdale UMC

1/2 lb. hamburger
1 can kidney beans, drained
1 can pork and beans, drained
1/3 c. sugar
1 c. diced onion
1 can lima beans, drained
1/2 c. ketchup
1/2 c. brown sugar

Brown hamburger and onion and pour off grease. Put the three cans of beans into a baking dish. Add hamburger and onion. Mix ketchup and sugars and pour over bean mixture. Bake in 350 degree oven 40 minutes.

EASY SUPPER DISH

Carol Morris
Burden UMC

2 T. melted butter
2 c. tomato juice
1/2 lb. ground beef or leftover roast
1/2 t. chili powder
1 c. grated or shredded cheese
1 c. macaroni (uncooked)
1 med. onion, chopped
1/2 t. pepper
1/2 t. salt

Brown meat in electric skillet; add onion. Add other ingredients except cheese. Mix well. Cook at 250 degrees 15-20 minutes. Before serving, sprinkle cheese over top.

HAMBURGER PIE

Gretchen Conway
Burden UMC

1 lb. ground beef
1 can cut green beans
6 medium potatoes, mashed or instant
1 can tomato soup
1/2 c. (2 oz.) Velveeta cheese

Brown ground beef and place in oven or microwave dish. Mix in soup and beans. Place cheese on top and spread mashed potatoes on top. Bake uncovered in 350 degree oven 35 minutes or in microwave covered for 10 minutes on high.

It takes great listening,

as well as great preaching,

to make a great sermon.

HAMBURGER POTATO PIE

Isabelle Sauer
Tisdale UMC

1 med. onion, chopped
1 lb. ground beef
1/4 t. pepper
1 c. canned tomatoes
3 c. hot mashed potatoes, seasoned
2 T. fat
1/2 t. salt
1 c. cooked peas
1/2 c. catsup
1 egg, beaten

Cook onion in fat until golden; add meat and season. Cook until meat is lightly browned; add peas, tomatoes, and catsup. Mix well; pour into greased 2-qt. casserole. Combine mashed potatoes and egg; spread over meat mixture. Bake in 350 degree oven 20-30 minutes. 4-6 servings.

HAMBURGER POT PIE

Judy Kunkel
Tisdale UMC

MEAT FILLING
1 lb. hamburger, browned
1 can tomato soup
1/2 t. pepper
1 T. sugar
frozen corn or beans
1 t. salt
1/2 onion, chopped
1/2 t. oregano

CRUST
2 c. flour
3/4 c. Crisco Shortening
1/2 c. cold water
1 t. salt
1/2 t. onion salt

While hamburger is browning, stir up crust like a pie. Add all ingredients to the hamburger, then dump into the pie shell. Cover with the top crust. Bake in 400 degree oven 25 minutes.

CHEESEBURGER PIE

Hazel Spengler
friend of Parish

1 lb. hamburger
1/2 c. tomato sauce
1/4 c. chopped onion
1/2 t. salt
1/4 t. pepper
1/2 c. soft bread crumbs

CHEESE TOPPING
1 c. grated cheese
1/3 c. milk
1 egg, beaten
1/2 t. worcestershire sauce
1/2 t. mustard

Mix all together and spoon into unbaked pie crust. Press down. Then make a cheese topping to put on top. To prepare cheese topping, mix ingredients together and spread over pie. Bake in 375 degree oven about 35 minutes.

HAMBURGER STROGANOFF

Marilyn Chilcott
Atlanta UMC

1/2 c. minced onion
1 clove garlic, minced
1/4 c. oleo
1 lb. ground beef
2 T. flour
1 t. salt
1/4 t. pepper
1 can sliced mushrooms
1 can cream of chicken soup
1 c. sour cream

Saute onion and garlic in oleo over medium heat. Stir in meat and brown. Stir in flour, salt, pepper, and mushrooms. Cook 5 minutes. Stir in soup. Simmer uncovered for 10 minutes. When ready to serve, stir in sour cream and serve with noodles or rice.

HAMBURGER STROGANOFF

Carol Morris
Burden UMC

1 lb. ground beef
1/2 c. chopped onion
1 can condensed cream of mushroom soup
1/4 t. paprika
3 slices bacon diced
1/2 t. salt
1 c. dairy sour cream
hot buttered noodles

Brown ground beef and bacon. Add onion and cook until tender; drain. Stir in soup, salt, and paprika. Simmer 20 minutes, stir frequently. Stir in sour cream and heat thoroughly, but don't boil. Serve over buttered noodles. 4-6 servings.

HAMBURGER STROGANOFF

Margaret Martin
Grandview UMC

1/2 c. minced onion
1 clove garlic (or garlic salt or powder)
salt and pepper to taste
1 c. sour cream
1 pkg. noodles, cooked
1 can cream of mushroom soup - or - 2 c. mushrooms
1 lb. ground beef
2 T. flour
1 can cream of chicken soup
Cheddar cheese
2 T. parsley flakes, opt.

Cook meat with onion and garlic; drain fat. Stir in flour and add soups or soup and mushrooms. Simmer about 10 minutes and stir in sour cream. Sprinkle with parsley flakes and pour over cooked noodles in casserole dish. Place grated cheese over top and bake in 325 degree oven about 20 minutes.

IF YOUR RELIGION LEAVES YOUR LIFE UNCHANGED,
YOU'D BETTER CHANGE YOUR RELIGION.

MAMA'S HAMBURGER STROGANOFF *Wilma Anglemyer*
Tisdale UMC

1 lb. ground beef
6-8 oz. noodles (fluffy dumplings)
2 c. water (more if needed)
1 lg. onion, chopped
2 cans tomato soup
1 1/2 c. sour cream

Brown beef and onion. Add soup, noodles, and water. Simmer until noodles are tender. Add sour cream just before serving. I use my electric skillet to fix this recipe.

BEEF STROGANOFF (using leftover roast) *Mildred Wesbrook*
Tisdale UMC

2 T. margarine
1/2 c. chopped onion
1/2 c. sour cream
3 c. beef cut in narrow strips
1 can mushroom soup
1/3 c. water

Heat margarine and onion until tender; add meat and soup and heat until well blended. Just before serving, add sour cream and let bubble a little. Serve over cooked noodles (or some form of spaghetti). Serves 3-4.

MICROWAVE HAMBURGER STROGANOFF *Ruth Miller*
Tisdale UMC

1 lb. ground beef
1 can cream of mushroom soup
1 4 oz. can sliced mushrooms, drained
1/2 t. salt
1/2 c. sliced green onion
1/4 c. catsup
1/2 t. dried mustard
1 c. dairy sour cream

Crumble ground beef into 2 qt. casserole. Cover and microwave on high 4-5 minutes or until meat looses pink color. Stir half way through cooking time. Do not drain. Add all remaining ingredients except sour cream; mix well; cover and microwave on high 4-6 minutes or until well heated through. Stir after 3 minutes. Blend in sour cream and microwave on high 1 1/2-3 minutes or until hot. Stir once. Serve over rice or with noodles.

Church attendance is determined more by desire than by distance;
more by dedication than by directive;
and more by doing than by deciding.

ONE PAN NOODLE STROGANOFF

Edna DeWitt
Grandview UMC

1 lb. ground beef
1 clove garlic, minced or 1/2 t. garlic salt
1 3 oz can mushrooms, optional
1 10 oz. can condensed beef broth
4 oz. uncooked noodles
2 T. snipped parsley
1/4 c. chopped onion
1 T. lemon juice
1/8 t. pepper
1/4 t. salt
1 c. dairy sour cream

Brown beef, onion, and garlic; drain off fat. Drain mushrooms, reserve liquid. Add liquid, broth, lemon juice, salt, and pepper to skillet; stir in uncooked noodles; cover and simmer 12-15 minutes or until noodles are tender (I usually add some water). Stir in sour cream and mushrooms; cook and stir until heated through. Do not boil. Top with parsley.

LASAGNA

Edna Hollingsworth
Atlanta UMC

1 1/2 lb. hamburger
garlic salt
2 bay leaves, approx.
lasagna noodles
1 med. onion, chopped
1 can tomato sauce
1 t. chopped parsley, approx.
mozzarella cheese

Brown hamburger, onion, and garlic salt; add tomato sauce and put enough water to simmer. Add bay leaves and parsley, then simmer about 1 hour. Cook lasagna noodles in boiling salt water and drain. In baking dish, place a layer of noodles, then meat sauce, and then cheese. Add another layer of each, ending with cheese. Bake in 350 degree oven 25-30 minutes.

EASY, EASY LASAGNA

Carroll Shivers
Grandview UMC

1 lb. ground beef
1 sm. onion, chopped
1 sm. can tomato paste
1 can cream of mushroom soup
(or any combination of the two soups)
1 pkg. lasagna noodles
1 lg. bag mozzarella cheese (size for lg. pizza)
1 clove of garlic
salt and pepper to taste
1 sm. can of water
1 can golden mushroom soup
1 t. oregano
1 c. Parmesan cheese

Brown meat, garlic, onion, salt, and pepper. Add paste, water, oregano, and soup and simmer for 15 minutes. Cook noodles till soft. Grease oblong cake pan, then place a layer of pliable noodles, then meat sauce, then half of the cheeses, then another layer of noodles, meat sauce, and rest of cheese. Cover with foil and bake in 350 degree oven 25-30 minutes. Wait a few minutes to cool for ease of cutting and serving.

LASAGNA

Vada Holt
Prairie View UMC

1 lb. ground beef, crumbled cooked and drained
8 oz. lasagna noodles, cooked and drained
32 oz. spaghetti sauce
2 eggs, beaten
12 oz. mozzarella cheese slices
12 oz. cottage cheese

In large bowl, combine ground beef and spaghetti sauce. In medium bowl, combine cottage cheese and eggs. Coat 9"x13" baking pan with cooking spray. Cover bottom with noodles in a single layer. Place 3 slices of cheese on top of noodles. spread a layer of meat sauce on top of cheese, then a layer of cottage cheese-egg mixture on top of sauce. Add another layer of noodles and repeat layering until lasagna is 1/2" to 1/4" from top of pan, ending with cheese layer on top. Bake in 375 degree oven 30-45 minutes, or until lasagna is bubbly. Let stand a few minutes before cutting into squares to serve. Makes 12 servings. This can be in refrigerator 24 hours; bake 5-10 minutes longer.

IMPOSSIBLE LASAGNA PIE (quick and easy)

Ruth Ann Smith
Tisdale UMC

3/4 c. creamed sm. curd cottage cheese
1 lb. ground beef, cooked and drained
1/2 t. basil leaves
1 1/4 c. shredded mozzarella cheese
2/3 c. Bisquick Mix
1 t. garlic salt
1/3 c. Parmesan cheese
1 t. oregano leaves
1 can 6 oz. tomato paste
1 c. milk
2 eggs
1/4 t. pepper

Heat oven to 400 degrees. Grease 7"x11" pan. Layer cottage cheese and Parmesan cheeses in pan. Mix beef, herbs, paste and 3/4 c. mozzarella cheese; spoon on top. Beat milk, Bisquick, eggs, garlic salt, and pepper 1 minute with hand beater. Pour into pan. Bake until knife inserted in center comes out clean, 30-35 minutes. Sprinkle with remaining 1/2 c. mozzarella cheese and some additional Parmesan cheese and place in oven until melted, 3-5 minutes. I add minced onion while browning the meat.

SPAGHETTI SAUCE

Susie Tatum
Burden UMC

1/2 lb. ground pork or mild sausage
1 qt. stewed tomatoes
1 t. Italian Herb Seasoning
1/4 t. garlic powder
1 lb. hamburger
1 6 oz. can tomato paste
1/2 t. salt
1 bay leaf

Brown meat in large skillet, drain. Add remaining ingredients; simmer 20 minutes. Serve over pasta. 4 servings.

SPAGHETTI SAUCE WITH MEAT

Imogene Hamlin
Grandview UMC

1/4 c. Crisco Shortening
1 lb. lean ground beef
1 can mushroom stems and pieces, undrained
2 c. canned tomatoes
1/4 c. chopped parsley or 2 T. dried parsley flakes
1/2 c. chopped onion
1 t. garlic salt
1 8 oz. can tomato sauce
1/4 t. pepper
bay leaf

Melt Crisco; add onion and cook 5 minutes; stir in ground beef, garlic salt, and brown; add mushroom, parsley, and bay leaf. Cover and simmer 30 minutes. Uncover and cook until sauce is desired consistency. Cook 1/2 lb. thin spaghetti according to directions on package and spoon sauce over spaghetti.

SLOPPY JOES

Gretchen Conway
Burden UMC

1 lb. hamburger
1 jar Mom's Garlic & Onion Barbecue Sauce
bread or hamburger buns

In electric skillet, brown hamburger and drain. Add BBQ sauce and heat. Mmm... and so easy!!!

OVEN-READY SOUPER BURGERS

Hazel Spengler
friend of Parish

1 lb. ground beef
1 can cream of mushroom soup
hamburger buns
1/2 pkg. dry onion soup mix
1 c. grated Cheddar cheese

Brown ground beef; drain off grease; add dry onion soup and mushroom soup. Do not heat. Spoon mixture on hamburger buns, sprinkle with grated cheese. Wrap each bun in foil and freeze. When ready to serve, remove from freezer 20 minutes before baking in 350 degree oven 30 minutes. Leave wrapped in the foil while baking. Depending on how much filling you like, this should make 8 hamburgers.

The trouble with people today is they want to get to the promised land without going through the wilderness.

CHICKEN

CHICKEN PUFFS

Norma Trobaugh
Burden UMC

2 c. finely chopped cooked chicken
3/4 c. chopped celery
1/4 c. chopped onion
1 c. (4 oz.) shredded Swiss cheese
petite cream puffs
1/2 t. prepared mustard
1/2 t. salt
dash of pepper
Kraft Mayonnaise

Combine chicken, celery, onion, cheese, mustard, seasonings, and enough mayonnaise to moisten; mix lightly. Cut tops of petite cream puffs; fill with chicken mixture. Replace tops. Bake at 350 degrees 15 minutes.

PETITE CREAM PUFFS

1 1/4 c. water
1/4 c. margarine
1 c. flour
1/2 t. salt
4 eggs
1 c. shredded Swiss cheese

Bring water and margarine to a boil; add flour and salt; stir vigorously over low heat until mixture forms a ball. Remove from heat. Add eggs one at a time, beating smooth after each addition. Stir in cheese. Drop rounded teaspoonful of dough onto greased cookie sheet. Bake at 400 degrees 30-35 minutes until golden brown. Remove from cookie sheet immediately.

CHICKEN DELUXE

Erma Roberts
Tisdale UMC

3 whole chicken breasts, skinned and cut in 1/2 (6 pieces)
1 pkg. (2 1/2 oz.) sliced dried beef, chopped
3 slices bacon - partially cooked and cut in half
1 c. sour cream
1 can (10 3/4 oz.) cream of mushroom soup
1/2 t. salt
pepper to taste

Spray Pyrex dish with Pam. Arrange chopped dried beef in bottom of pan; arrange chicken breasts over beef that have the partially cooked bacon around them. Combine sour cream, soup and seasonings; pour over chicken - can sprinkle with a little parsley or chives. (I like a few slivered almonds on top but push them into sauce so they don't brown too much.) Cover loosely and bake in 325 degree oven 1 hour; remove cover and bake 20 minutes longer. Serve over rice cooked in water flavored with chicken bouillon. Delicious!! Serves 6.

CHICKEN CASSEROLE

Dorothy Shannon
Atlanta UMC

8 chicken breast halves (cook and chunk)
1 pkg. Pepperidge Seasoned Croutons (garlic and onion)
2 cans cream of chicken soup
1 can sliced water chestnuts, drained
1 4 oz. can chopped mushrooms, drained
1 1/2 soup cans of milk
1 c. mayonnaise
juice of 1 lemon

Stir ingredients together and let set all day or overnight in refrigerator. Bake in 9"x13" pan in 350 degree oven 30 minutes or until thoroughly heated and bubbly. (Sprinkle top with Italian style bread crumbs before baking, if desired.)

FIVE CAN CASSEROLE

Mildred Wesbrook
Tisdale UMC

1 6 1/2 oz. can boned chicken or ham
1 can cream of chicken soup
1 can chicken and rice soup
2 c. Chinese noodles
1 5 oz. can Pet Milk

Mix all ingredients and put in 9"x13" greased casserole. Put in refrigerator overnight or for several hours. Cover top with crushed potato chips and bake in 350 degree oven 30 minutes. Serves 6. (I prefer Campbell's soup.)

5 CAN CASSEROLE

Margaret Thiel
Tisdale UMC

1 sm. can cooked chicken or tuna meat
1 can cream of chicken soup
1/2 can of chow mein noodles
1 can chicken rice soup
1 soup can milk

Mix together and bake in 350 degree oven 15-20 minutes.

HOT CHICKEN SALAD

Sue Boling
Grandview UMC

3 c. chopped cooked chicken meat
2 T. onion juice (or chopped green onion)
1 c. mayonnaise, or more if too thick
1 c. grated Velveeta or American cheese
2 c. chopped celery
3/4 c. slivered almonds, or more
crushed potato chips

Mix all ingredients except potato chips. Pour in a 2-qt. baking dish. Top with crushed potato chips. Bake in 350 degree oven until warm.

HOT CHICKEN SALAD

Judy Steinle
Grandview UMC

2 c. diced cooked chicken
1/2 c. mayonnaise
1/2 c. slivered almonds
1/3 c. chopped onion
1 c. crushed potato chips
1 can cream of chicken soup
1/3 c. sliced green olives
1 c. chopped celery
1 T. lemon juice

Mix all ingredients and 2/3 c. potato chips. Pour in medium size casserole dish and sprinkle with remaining chips. Bake in 350 degree oven 15 minutes.

CHICKEN OR TURKEY CASSEROLE

Phyllis Brothers
Tisdale UMC

2 c. uncooked shell macaroni
1/2 lb. Velveeta cheese, cut up
1 can cream of chicken soup
3-4 c. diced turkey or chicken, cooked
1/4 c. diced onion
2 c. milk
1 can cream of mushroom soup

Stir all ingredients together and put in a 9"x13" pan. Let set overnight in refrigerator. Cover with aluminum foil and bake in 350 degree oven 60 minutes; uncover and bake 10 minutes.

CHICKEN CASSEROLE

Sue Boling
Grandview UMC

1 chicken, cooked & diced (or 3-4 c. turkey)
1 can sliced water chestnuts (retain liquid)
1 can cream of chicken soup
1 can cream of mushroom soup
1 box Escort crackers
1 c. sour cream
1 stick margarine

Crumble 1 1/2 to 2 pkg. Escort crackers into 9"x13" baking dish. Slice 1/2 stick margarine over crackers. Spread diced chicken over crackers. Salt and pepper chicken. Mix together soups, sour cream and liquid from water chestnuts. Place sliced water chestnuts over chicken and then spread soup mixture over this. Crumble 1 1/2 to 2 pkg. crackers over soup mixture. Slice remaining half of margarine over crackers. Bake in 350 degree oven 30 minutes.

GRANDMA JOHNSON'S CHICKEN AND RICE CASSEROLE

Wendy Dolsen
Atlanta/Prairie View UMC

Boil left-over chicken bones and skins slowly to make broth. Cook 1/2 c. of rice in broth. Add cold left-over chicken pieces, 1/2 c. diced celery, and a little onion and green pepper if desired. A little red pimento or pieces of fresh tomato add color. Dot with butter and bake in moderate oven 30 minutes.

CHICKEN CASSEROLE

Dee Morland
Burden UMC

1 chicken, stewed, boned and cut into pieces
2 cans cream of celery soup
1 sm. can mushrooms
1 5 oz. can water chestnuts
slivered almonds, optional
1/2 c. milk
1 c. mayonnaise
1 t. salt
2 c. cooked rice

Combine soup, milk, salt, and mayonnaise. Fold in other ingredients. Pour in greased baking dish; garnish with almonds and paprika, if desired. Bake in 350 degree oven 45 minutes. Serves 8.

CHICKEN CASSEROLE

Alta Brewer
Grandview UMC

2 c. frozen broccoli
2 can cream of chicken soup
2/3 c. mayonnaise
1 t. lemon juice
1 stick oleo
3 c. cooked chicken
1 can cream of celery soup
1 beaten egg
1/2 c. grated Cheddar cheese
1 pkg. seasoned stuffing mix

Cook broccoli; drain; cover bottom of greased casserole. Add chicken; mix soups, mayonnaise, egg and lemon juice and spread over chicken. Cover with cheese. Melt oleo and add to stuffing mix. Spread over soup mixture. Water chestnuts or almonds may be added if desired. Bake in 300 degree oven 1 hour.

CHICKEN DIVAN

Margaret Thiel
Tisdale UMC

2 pkg. frozen broccoli spears
2 cans cream of chicken soup
1 c. mayonnaise
1 T. butter
2 cans cooked boned chicken
1/2 t. curry powder
1/2 c. bread crumbs
1/2 c. sharp cheese

Place broccoli (cook a little if just out of freezer) in baking dish; spread chicken over broccoli. Mix other ingredients (all but cheese); pour over top, then sprinkle cheese on top. Bake in 350 degree oven 30 minutes.

BAKED FILLET OF CHICKEN

Jeanette King
Grandview UMC

3-4 boned chicken breasts, halved
1 T. worcestershire sauce
3 T. soy sauce
paprika

Place chicken breasts in a glass baking dish. Brush with soy sauce and worcestershire sauce. Sprinkle with paprika and parsley, if desired. Bake in 325 degree oven 30-40 minutes or until tender. Serves 6-8.

CHICKEN AND NOODLE CASSEROLE

Pauline Mosier
Hicks Chapel UMC

1/2 lb. egg noodles
2 cans condensed mushroom soup
salt and pepper
1 c. diced cooked chicken
1 can milk or chicken broth

Cook egg noodles in boiling salted water until tender. Drain. Combine with other ingredients and place in casserole. Bake in 350 degree oven 30-40 minutes. Serves 8.

TIMBALIER COURT CHICKEN POT PIE

Jeanette King
Grandview UMC

4-6 split chicken breasts, cooked and chopped
6 potatoes and 4 carrots diced small and cooked
1 can cream of chicken soup
1 c. water with 1 t. chicken bouillon added
salt, pepper, minced onion to taste
1 can cream of celery soup
1/2 t. rosemary leaves

Mix soups, water, bouillon, diced chicken, vegetables, and seasonings. Pour into large casserole. Cover with corn bread batter, pie crust or canned refrigerator biscuits. Bake in 400 degree oven 20 minutes.

OVEN CHICKEN FRICASSEE

Betty Hamm
Tisdale UMC

1 2 1/2-3 lb. chicken cut up
3 T. margarine, softened
3 T. flour
1 t. salt
1 t. poultry seasoning
1 can mushroom soup
1 6 oz. can evaporated milk
1/2 c. water
1/2 t. paprika

Place chicken skin side up in greased shallow baking dish. Blend the margarine, flour and seasonings; spread over top of chicken. Bake uncovered in 375 degree oven 20 minutes. Mix soup, evaporated milk, and water; pour over chicken. Bake 30 minutes or until done.

CHICKEN TETRAZINNI

Hilma Eastman
Tisdale UMC

1 4-5 lb. hen
1/2 lb. spaghetti
3 c. milk
2/3 c. flour
1/2 lb. butter
1 green pepper
1 onion
1 sm. can mushrooms
1/2 lb. American cheese
1/2 lb. Old English cheese

Cook hen until tender. Remove from bones while warm. Cook spaghetti in broth. Cut pepper and onion in small pieces and cook in mushroom juice. Mix with above. Make cream sauce of milk, flour, butter, and cheese. Add chicken. Bake in 350 degree oven 30 minutes.

CHICKEN OR TURKEY TETRAZZINI

Nancy Kennedy
Prairie View UMC

1 oz. spaghetti
1 sm. onion, diced
2 3/4 c. milk
1 chicken-flavor bouillon cube
1/4 t. pepper
2 c. cubed cooked chicken or turkey
butter or margarine
1/4 c. flour
1 2 1/2 oz. jar diced mushrooms
1/2 t. salt
1/4 c. grated Parmesan cheese

In 6-quart saucepan, cook spaghetti as label directs; drain. Return to saucepan; keep warm. In 2-qt. saucepan over medium heat in 3 T. butter, cook onion until tender, stirring occasionally. Stir in flour until blended. Gradually stir in milk, mushrooms with liquid, bouillon, salt, and pepper; cook stirring constantly until mixture is slightly thickened. Remove from heat; stir in cheese. Add sauce mixture to spaghetti and chicken. Mix. Pour into 8"x12" baking dish. Bake in 350 degree oven 20 minutes.

CHICKEN NOEL

Carroll Shivers
Grandview UMC

1 2-3 lb. chicken, cut up
1 can mushrooms, optional
3/4 c. sherry wine
paprika
2 cans cream of mushroom soup
1 c. sour cream
1/2 c. sliced almonds

Place chicken (unsalted) skin side up in shallow baking dish or pan. Mix together all other ingredients except paprika and pour over chicken. Sprinkle paprika generously over top and bake, uncovered, in preheated 350 degree oven 1 hour and 15 minutes, until tender. (Chicken breasts, or any other favorite pieces, may be used instead of whole chicken. This is an excellent and easy "Company Dish".) Serve with rice.

CHICKEN AND RICE

Nancy Horst
Tisdale UMC

1 1/2 c. Minute Rice
2 1/2 c. water
1 pkg. dry onion soup mix
1 chicken, cut up
salt and pepper
2 cans mushroom soup
1 c. milk

Spread rice in 9"x13" pan; add water. Sprinkle on onion soup next. Place chicken skin side up and sprinkle with salt and pepper. Mix soup and milk and pour over the rest. Cover with foil and bake in 350 degree oven 2 hours.

Some people are willing to serve God, but only as His consultant.

OLIVE CHICKEN

Carroll Shivers
Grandview UMC

1 2-3 lb. chicken cut up
1 c. sour cream
3/4 c. stuffed olives (use salad olives or cut them in half)
worcestershire sauce
2 cans cream of mushroom soup
1/2 c. sliced almonds

Place chicken (unsalted) skin side up in shallow baking dish or pan. Sprinkle generously with worcestershire sauce. Mix together all other ingredients and pour over chicken. Bake in preheated 350 degree oven for 1 hour and 15 minutes, or until brown and bubbly. Serve with rice.

CHICKEN AND STUFFING PIE

Vera Brothers
Tisdale UMC

1 8 oz. pkg. herb seasoning stuffing mix
1/2 c. butter, melted
110 oz. can chicken gravy mix or 112 oz. jar
2 T. flour
1 T. butter
1/2 t. thyme
1 c. fresh or frozen peas
4 oz. sliced Colby or American cheese
3/4 c. chicken broth
1 egg, beaten
1 T. parsley flakes
1/2 c. chopped onion
1 t. worcestershire sauce
3 c. cubed, cooked chicken
2 T. diced pimentos

Prepare crust by mixing stuffing mix, broth, 1/2 c. butter, and egg in bowl; press into 10" pie plate. Set aside. Combine mushroom liquid with flour in small bowl; set aside. In saucepan on top of stove, saute mushrooms and onion in butter. Stir in remaining ingredients except cheese. Heat thoroughly; turn into stuffing crust. Bake in 375 degree oven 20 minutes. Cut each cheese slice into strips; place in lattice design on pie. Bake 5 minutes more. Makes 6-8 servings.

CHICKEN SUPREME

Willa Jean Oliver
Burden UMC

1 3 lb. chicken, cooked and diced
4 c. chicken broth
1 1/2 c. diced celery
1 1/2 c. grated American cheese
1 medium onion, chopped
2 eggs, beaten
1 can mushroom soup
4 c. Ritz crackers, crushed, leaving 1 c. for topping

Mix all together in a 9"x13" pan; top with the 1 c. cracker crumbs. Bake in 350 degree oven 45-60 minutes.

In good times we ask too little of God.
In bad times we ask too much of God.

CHICKEN BREASTS STUFFED WITH CRAB MEAT

Pearl Ruggles
Tisdale UMC

1 5 oz. can crab meat, rinsed, drained and flaked (or equivalent in fresh meat)
1/4 c. chopped green onions
1/3 - 1/2 c. seasoned bread crumbs
2 chicken breasts, boned, skinned and halved
1 T. parsley flakes
2 t. lemon juice
1/4 t. pepper
2 eggs

Lightly pound chicken breasts to flatten slightly. The easy way to do this is with the bottom of a pan so you won't pierce the meat. In a small mixing bowl combine crab meat, onion, spices, and 1 egg. Place 1/4 of the mixture on each breast and spread evenly. Roll up the breast like a jelly roll. Dip each breast into the other egg, which has been beaten, and roll in the crumbs to coat evenly. Place the rolls seam side down in 9" round pie plate or dish. Place them in as much "circle fashion" as possible leaving even distance between each and nothing in center. This will help them cook more evenly. Cover with waxed paper, the "crack the lid" cover so that some steam can escape and some will remain for a partial steaming effect. Microwave for 6 1/2 - 9 1/2 minutes (6 minutes per pound). Let stand for a few minutes so chicken will finish cooking. This is very good and easy!

CHICKEN SQUARES

Wilma Anglemyer
Tisdale UMC

1 3 oz. pkg. cream cheese
2 c. diced cooked chicken
1/4 t. pepper
1 can crescent rolls
1 can cream of chicken soup
1/2 can milk
3 T. melted margarine
1/4 t. salt
1 T. chopped chives
crushed seasoned croutons or cornflake crumbs

Blend cheese, margarine, chicken, seasoning, and chives. Separate rolls into 4 rectangles. Put 1/4 c. chicken in center. Close top, brush with melted margarine and sprinkle with crumbs. Bake in 375 degree oven 25 minutes. Dilute soup with milk. Heat. Spoon over chicken squares and serve. Serves 4. This is a real quick favorite of our family.

LOW CALORIE CHICKEN

Sue Boling
Grandview UMC

4 chicken breasts, cooked and skinned
1 28 oz. can peeled tomatoes
216 oz. cans zucchini with Italian sauce
2 green peppers
2 sm. onions
garlic and oregano

Slice peppers and onions; heat in pot with a little margarine. Add the zucchini and tomatoes. Cut chicken meat and add. Season to taste with garlic and oregano. Cook until done to your liking. Serve with Parmesan cheese sprinkled on top. May serve over rice if desired. Makes 4 servings - 300 calories each. This will freeze.

ATLANTA'S SCALLOPED CHICKEN

Betty Ankrom
Atlanta UMC

(Chicken 'n Dressing)

1 5-6 lb. fryer or stewing hen
1 1/8 c. flour
4 1/2 c. chicken broth plus
2 chicken bouillon cubes
4 c. day-old toasted and cubed bread
1 c. chopped celery
1/2 - 1 t. sage
1/2 c. oleo
1 T. salt
1/4 t. pepper
2 c. milk
1/4 c. chopped onion
1 t. salt

Cook chicken; remove from broth and save broth. Remove chicken from bones. Melt oleo in heavy skillet; blend in flour, salt, and pepper. Cook on low heat until bubbly, stirring constantly. Slowly stir in broth plus chicken flavored bouillon and milk. Bring to boil for 3 minutes, stirring constantly. Remove from heat. Lightly toss together bread cubes, onion, celery, salt, and sage. Arrange in greased 9"x13" pan. Lay chicken meat on top. Pour broth mixture over chicken and mix with fork to moisten dressing. Bake in 350 degree oven 1 hour. Serves 15. We serve this at the Atlanta UMC bazaar.

HENS IN A BASKET

Dee Morland
Burden UMC

2 Cornish hens, halved
1 c. milk
1 pkg. Liptons Dry Onion Soup Mix
1 pkg. chicken stuffing mix
1 c. uncooked Minute Rice
1 4 oz. can mushroom pieces
1 can cream of mushroom soup

Make stuffing on stove according to directions. Set aside. Combine rice, milk, mushrooms, and soup mix in bottom of large baking dish. Lay Cornish hen halves on mixture. Place stuffing around meat. Bake in 350 degree oven 1 hour and 30 minutes. Serves 4.

DAUGHTER'S-IN-LAW CHICKEN BUNDLES

Lorene Bailey
Tisdale UMC

1 3 oz. pkg. cream cheese
2 c. cut up cooked chicken
1/4 t. salt
1/4 t. pepper
2 cans crescent rolls
3/4 c. crushed seasoned croutons
2 T. melted butter
1 T. chives
2 T. milk

SAUCE

1 can cream of chicken soup
1/2 can milk
1 T. butter
salt and pepper

Blend cheese, butter, chicken, seasoning, chives, and milk. Separate rolls into 4th and put 1/4 of chicken mix in center. Brush top with croutons. Bake on greased cookie sheet in 375 degree oven 25 minutes. Mix and heat sauce ingredients and serve over bundles.

BAKED CHICKEN REUBEN

Sue Simmons
Tisdale UMC

4-8 boneless, skinned chicken breasts
1-2 16 oz. cans sauerkraut, drained
1 1/4 - 1 1/2 c. Thousand Island Salad Dressing (I use the Lite dressing)
salt and pepper to taste, opt.
4-8 slices natural Swiss cheese (4"x6" each)
sprinkle with chopped parsley, opt.

Drain sauerkraut and squeeze dry. To remove more salt, cover with water and squeeze dry again. Grease 9"x13" baking pan (I spray with Pam). Arrange chicken (salt and pepper lightly if desired). Distribute drained kraut over and around chicken. Top with Swiss cheese. Pour salad dressing evenly over cheese. Sprinkle with parsley. Cover with foil and bake in 325 degree oven 1 hour. Remove foil, lower oven to 300 degrees and bake 30 minutes more, or until fork can be inserted in chicken with ease and browned on top.

LEFTOVER TURKEY MIXTURE

Imogene Hamlin
Grandview UMC

1/2 c. chopped onion
1 1/2 c. bias-sliced celery
2/3 c. sliced water chestnuts, drained
1/4 c. cornstarch
3 c. diced cooked turkey
3 T. soy sauce
2 T. butter
1 3 oz. can sliced mushrooms
1 can condensed chicken broth
1/4 c. water
3/4 c. water

In 3-qt. saucepan, cook onion in butter until tender (but not brown). Stir in celery, mushrooms, chicken broth, the 3/4 c. water, and soy sauce. Bring mixture to boil, then cover and simmer 5 minutes. Stir cornstarch into 1/4 c. water and add to saucepan. Cook and stir until thickened and bubbly. Add turkey and water chestnuts. Heat through and serve over hot, cooked rice (cup of pineapple tidbits may be added with the turkey and water chestnuts).

SMOKED TURKEY

Ruth Miller
Tisdale UMC

(from Jean Miller)
Place 1 turkey in a plastic bag. Add: 2 T. Mortons Quick, 1/2 c. water. Seal and place in refrigerator. Slush 1 or 2 times a day for 7 days.

Knowledge becomes wisdom only after
it has been put to practical use.

CHILI

BACON CHILI

Jeanne Watters
Burden UMC

2 lb. hamburger
1 onion, chopped
2 lb. cans chili beans
1 1/2 c. ketchup
2 T. vinegar
1 lb. bacon
1 lb. can pork and beans
1 lb. can stewed tomatoes
3/4 c. brown sugar
1 t. or more chili powder to taste

In large dutch oven or slow cooker pot, brown hamburger, bacon, and onion. Pour off fat. Add remaining ingredients and mix thoroughly. Cover and simmer 1-2 hours. This recipe will feed a group or can be reheated several times for family meals. It can be served as soon as it is thoroughly heated. Longer cooking gives it extra flavor, if you can stand the wait.

DEER CHILI

Marcia Bolander
Tisdale UMC

2 lb. deer meat
1 med. onion, chopped
1 can chili beans
2 8-oz. cans tomato sauce
1 pkg. chili seasoning
3 c. water
1-2 t. hot sauce
3/4 c. green pepper
1 t. salt
1 10-oz. can Rotel Tomatoes and Diced Green Peppers
1/2 c. catsup
1 T. worcestershire sauce

Brown and drain deer meat, onion, green pepper, and salt. Add remaining ingredients and simmer 1 hour.

MEXICAN DISHES

BURRITOS

Sue Boling
Grandview UMC

1 1/2 lbs. ground beef or pork
1 16 oz. can refried beans
1 pkg. large flour tortillas
1 onion, chopped
1 8 oz. jar picante sauce
grated cheese

Brown hamburger or porkburger with onion and drain off fat. Add refried beans and picante sauce and mix thoroughly. Fill a line down the center of each tortilla shell with the meat mixture and a couple tablespoons of grated cheese. Roll up and heat in microwave to melt cheese. You may garnish with more cheese on top if desired before serving.

CHALUPA

Cathy Hamlin
Grandview UMC

cooked pinto beans
3 lbs. pork roast
7 c. water
1/2 c. chopped onion
1 clove garlic, minced
1 T. salt
2 T. chili powder
1 T. cumin
1 t. oregano
4 oz. chopped green chilies

Cook 1 lb. pinto beans in 8 c. water, boil 3 minutes, cover and let set 1 hour, drain and rinse. Combine all ingredients and cook in heavy kettle about 5 hours until roast falls apart. Uncover and cook 1/2 hour more. Serve with taco shells, chips, tomatoes, lettuce, cheese, avocado, onions, sour cream, or whatever you desire.

GREEN CHILI

Wendy Dolsen
Atlanta/Prairie View UMC

2 lb. pork or hamburger
1 3 1/2 oz. can green chilies (Ortega Diced Green Chilies)
1/2 t. garlic salt
1 3 1/2 oz. can jalapeno chilies
1 can tomatoes with liquid
2 cloves of garlic (do not chop)
1 1/2 T. flour

Fry pork or hamburger until well done. Add salt to taste. While pork or hamburger is frying, put chilies and tomatoes in large bowl and chop (chilies come already chopped and tomatoes can be chopped in blender). Add 1 c. water. Add garlic cloves. Add this mixture to pork or hamburger. Simmer at least 45 minutes.

CHICKEN ENCHILADA

Cathy Hamlin
Grandview UMC

(Marie Hamlin's recipe)
2 5 oz. cans Swanson Boned Chicken
1 4 oz. can chopped green chilies
1 7 1/2 oz. pkg. nacho cheese chips, crushed
2 T. dried onion
2 cans cream of chicken soup
1 can cream of mushroom soup

Mix all ingredients, grate Cheddar cheese on top. Bake in 350 degree oven 30 minutes in 9"x13" casserole pan.

MOCK ENCHILADAS

Wendy Dolsen
Atlanta/Prairie View UMC

In a casserole dish, spread large can of chili with beans. Then top with a thin layer of chopped onion, then grated cheese. Finally, crumble Fritos over the top. Bake covered in 350 degree oven 1 hour.

CHICKEN ENCHILADA

Sharon Linhart
Burden UMC

2 lg. chicken breasts
1 clove garlic, minced, optional
116 oz. can tomatoes, chopped
1/4 c. chopped green chilies or use tomato sauce with chilies
1/2 t. salt
1/2 t. dried crushed basil
2 1/2 c. (10 oz.) shredded Monterey Jack cheese
1 c. chopped onion, or less
2 T. margarine
1 8 oz. can tomato sauce
1 t. sugar
1 t. ground cumin
1/2 t. dried crushed oregano
12 frozen tortillas, thawed
3/4 c. dairy sour cream

In saucepan, simmer chicken breasts in water to cover 15-20 minutes or until tender. Drain and carefully remove skin and bones. Set aside. In saucepan, cook onion and garlic in margarine until tender. Add tomatoes, tomato sauce, chilies, sugar, cumin, salt, oregano, and basil. Bring to boil, reduce heat and simmer 20 minutes covered. Remove from heat. Dip each tortilla in tomato sauce to soften. (I just cover bottom of dish with T. sauce rather than dipping.) Place one piece of chicken, 2 T. sauce, 2 T. cheese on each tortilla. Roll up and place seam side down in 9"x13" baking dish. Blend sour cream into remaining tomato sauce mixture and pour over tortillas. Sprinkle with remaining cheese. Cover and bake in 350 degree oven for about 40 minutes until heated through. Six servings. Happy eating Amigos!

CREAMED TACO (Chili)

Wilma Anglemyer
Tisdale UMC

1 1/2 lbs. hamburger
2 cans pinto beans
1 lb. Velveeta cheese
1 lb. pkg. brick chili
1 can Rotel Tomatoes
1 carton sour cream

Fry and drain hamburger. Add chili, beans, and tomatoes. Add Velveeta cheese. Just before serving, add sour cream. Good served with Doritos. (I have found that I can use my regular chili recipe and just add the Velveeta cheese and the sour cream with the same success.) You must try this one. It's wonderfull

TACO SALAD

Kim Tatum
Burden UMC

1 lb. ground beef
1 can Rotel Tomatoes
1/2 head iceburg lettuce, chopped
1 lb. Velveeta
1 sack Fritos
1 pkg. taco seasoning

Brown ground beef and drain. Stir in dry taco seasoning. In saucepan, melt Velveeta cheese with tomatoes. Stir in ground beef. In large bowl, mix chopped lettuce and Fritos. Pour meat mixture over and stir well. Serve hot. (For nonspicy version, I use stewed tomatoes.)

TAMALE PIE

Wanda Donley
Grandview UMC

1 med. onion, minced
1 clove garlic, minced
2 T. fat
1 1/2 lb. ground beef
1/2 c. diced celery
1/4 c. diced green pepper
1 8 oz. can whole kernel corn
1 1/2 c. cooked tomatoes
1 T. chili powder
2 t. salt
1/4 t. allspice
1/4 t. black pepper

Cook onion and garlic in hot fat 5 minutes. Add meat and brown. Add celery, green peppers, tomatoes, and seasonings; simmer 10 minutes.

CORNMEAL CRUST

1 c. cornmeal
2 t. salt
2 1/2 c. boiling water
2 T. oleo
1/2 c. grated cheese, optional

Stir cornmeal and salt into boiling water; cook until thickened, stirring constantly. Stir in oleo; cook over hot water 20 minutes. Line bottom and sides of a 9"x13" pan with cornmeal mixture; pour in meat filling. Bake in 350 degree oven 45 minutes. Sprinkle with cheese; bake 15 minutes. 6-8 servings.

QUICK TAMALE PIE

Cathy Hamlin
Grandview UMC

2 lbs. ground beef
2 cans tomato soup
2 cans chili beef soup
1 T. instant onion
1 t. salt
7 c. corn chips, whole
1/2 lb. shredded cheese

Brown ground beef in large skillet and drain. Stir in soups, onion, and salt and heat. Place 3 c. corn chips in bottom of 3-qt. casserole, top with 1/2 of beef and 1/2 of cheese. Top again with 3 c. chips and remaining meat mixture. Top with remaining corn chips and cheese. Bake in 350 degree oven 30 minutes.

ENCHILADA CASSEROLE

Sue Boling
Grandview UMC

2 lbs. hamburger
1 can cream of mushroom soup
Dorito chips
1 can picante or taco sauce
1 can cream of chicken soup
grated Cheddar cheese

Brown hamburger and drain; mix with sauce and soups and heat. In 9"x13" pan, crunch enough Dorito chips to cover bottom. Pour mixture over chips. Cover with grated cheese. Bake in 350 degree oven until cheese is melted.

ENCHILADA CASSEROLE

Kim Tatum
Burden UMC

2 lbs. hamburger
1 green pepper
1 can enchilada sauce (hot or mild)
1 can cream of chicken soup
1 pkg. of 12 soft corn tortilla shells
1 onion
1 can refried beans
1 can cream of mushroom soup
shredded Cheddar cheese

Brown hamburger, onion, and green pepper; drain. Dump in beans, enchilada sauce, and soups (no water). Lightly grease 9"x13" pan. Layer 6 corn shells on bottom. Pour half of the meat mixture on top and layer with shredded cheese. Layer another 6 corn shells; pour remaining meat mixture and layer with shredded cheese. Bake in 350 degree oven 30-45 minutes.

MEXICAN CASSEROLE

Carroll Shivers
Grandview UMC

2 cans cream of mushroom soup
2 cans refried beans
1 bottle taco sauce
2 lbs. hamburger
1 sm. bag Doritos
grated Cheddar cheese

Crush chips and put into bottom of casserole. Brown hamburger; add soup and pour over chips. Cover with grated cheese. Mix beans with 1/2 of the taco sauce and 1/4 c. water and pour over cheese. Cover with rest of sauce and more cheese. Bake in 350 degree oven 30 minutes.

MEXICAN CASSEROLE

Twila Archer
Tisdale UMC

2 lbs. lean hamburger
2 cans chili (with or without beans)
1 lg. can evaporated milk
Tabasco sauce
12 corn tortillas
2 cans cream of chicken soup
Cheddar cheese
garlic salt

Lightly brown hamburger with salt, garlic salt, pepper, and Tabasco sauce. Add soups, chili, and milk. Let cook thoroughly. Lightly grease large casserole. Put in layers: 1/2 meat mixture, tortillas (torn in small pieces), grated cheese, tortillas (torn in small pieces), remaining meat mixture. Top with Cheddar cheese. Bake in 300 degree oven 30 minutes or until bubbly. This will make one large casserole or 2 small casseroles.

No matter how many translations of the Bible there are,
people still sin the same old way.

SPANISH RICE

Betty Hamm
Tisdale UMC

1 lb. hamburger
1 sm. onion, chopped
1 sm. green pepper, diced
1 sm. can tomato sauce
1-2 T. chili powder
3/4 c. cooked rice
1/3 c. catsup

Brown hamburger; add onion and green pepper and continue to brown. Add rice, tomato sauce, catsup, and chili powder. Bake in 350 degree oven 30 minutes.

FLOUR TORTILLAS

Nancy Girod
Burden UMC

4 c. sifted flour
2 t. baking powder
1 1/2 c. warm water, approx.
2 t. salt
4 T. shortening

Combine dry ingredients; cut in shortening with fingers. Add warm water slowly until a very soft dough is formed. Knead 15-20 times and let dough rest for 10 minutes. Form dough into balls and roll them out until they are about 6" in diameter. Cook on hot griddle for about 2 minutes until light brown.

TACO SAUCE

Sue Simmons, Tisdale UMC
Stan Nichols, Tisdale UMC

3 qts. tomatoes
2 garlic buds, minced
1 can dehydrated red pepper, soaked
3/4 t. dry basil
1/2 c. vinegar
1/2 c. chopped onion
1 lg. green pepper, chopped
2 jalapeno peppers, minced
3 t. canning salt
1 T. sugar

Boil ingredients until reduced in thickness 30 minutes to an hour, or more if really like it thick.

STUDY THE BIBLE TO BE WISE,

BELIEVE IT TO BE SAFE,

PRACTICE IT TO BE HOLY.

ORIENTAL

CHINESE CASSEROLE

Vada Holt
Prairie View UMC

2 c. chopped celery
2 med. onions, chopped
1/4 c. soy sauce
1 1/2 c. water
1/2 c. Minute Rice
1 can cream of mushroom soup
1 can cream of chicken soup
2 lbs. ground beef
chow mein noodles

Combine celery, onion, soy sauce, water, rice, and soups; toss to mix thoroughly. Brown beef; drain fat. Toss all above together. Pour in greased 9"x13" casserole. Bake in 350 degree oven until thoroughly hot, about 30 minutes. Sprinkle noodles on top before serving. Serves 6-8.

CHOW MEIN

Dee Morland
Burden UMC

1 lb. pork or beef, cut into thin strips
3 c. thin bias-cut celery
(regular celery or Chinese celery)
1/2 c. fresh sliced mushrooms
3 T. cornstarch
1 10 1/2 oz. can condensed beef broth
1 can bean sprouts, drained
1 5 oz. can sliced water chestnuts, drained
1 T. oil
1 c. sliced green onions or shallots
2 T. salad oil
1/4 c. cold water
1/4 c. soy sauce
chow mein noodles or rice

Cook pork or beef in 1 T. oil until done, about 3-4 minutes. Cook in wok or in shallow skillet. Remove meat from skillet. Cook celery, green onions, and mushrooms in 2 T. salad oil until crisp tender, stirring often. Blend in cornstarch and cold water; add broth and soy sauce; stir into vegetables. Add meat, bean sprouts and water chestnuts. Cook and stir until thickened. Serve over rice or heated chow mein noodles.

EGG FU YUN

Ruth Miller
Tisdale UMC

1 lb. hamburger
1 c. celery
1 c. chopped onion
1 can bean sprouts
4 eggs

Mix meat, eggs, celery, and onion; salt to taste. Drain and save bean sprout juice. Mix bean sprouts into mixture. Fry in flat patties. Make a thin sauce from bean sprout juice and cornstarch. Flavor with enough soy sauce to make mixture look light brown. Serve sauce over patties. Additional soy sauce can be added to individual servings.

ORIENTAL BEEF

Gretchen Conway
Burden UMC

1 lb. stew meat cut into bite size pieces
1 pkg. frozen oriental vegetables
2 T. teriyaki sauce or soy sauce
water
flour

Brown stew meat, add teriyaki or soy sauce and water and simmer until meat is cooked. Add warmed oriental vegetables. Thicken mixture with flour. Place over cooked rice or oriental noodles.

SWEET AND SOUR CHICKEN

Lois Starkey
Burden UMC

1 20 oz. can pineapple chunks, reserve juice
1/2 t. ground ginger
1/4 c. soy sauce
1 c. sliced onion
2 c. cubed cooked chicken
1/2 c. brown sugar, packed
1/4 c. cornstarch
1/2 c. cider vinegar
1 1/4 c. green pepper strips
1 c. sliced pared carrots

Drain pineapple, reserve juice. Add enough water to juice to make 2 1/2 c. liquid. Combine brown sugar, cornstarch, and ginger in 12" skillet. Gradually stir in reserved liquid, vinegar, and soy sauce. Place over high heat and cook, stirring constantly, until mixture comes to a boil, about 6 minutes. Add pineapple chunks, green peppers, onion, carrots, and chicken. Reduce heat to low. Cover and simmer 10 minutes or until the vegetables are tender crisp. Serve over rice. Add chicken at last minute.

PORK

HAM IT UP SKILLET

Brad Donley
Grandview UMC

1 1/2 c. chopped cooked ham
1 can cream of mushroom soup
2 T. chopped parsley
2 T. cooking oil
1 1/3 c. instant rice

Saute ham in oil. Add enough water to soup to make 2 c. liquid; add gradually to ham. Add rice; cover and simmer for 5 minutes. Stir in parsley. 4 servings. NOTE: You can change to other soups such as onion or cream of celery. If using regular rice, increase cooking time to 20 minutes.

God often tries us with a little to see what we would do with a lot.

SCRAPPLE MUSH

Marilyn Miller
Tisdale UMC

4 c. water
dash of salt
1 1/2 c. cornmeal
ham

Cook until nice and thick. While it is cooking, stir in finely cut up ham. Put in a loaf pan and refrigerate over night. Slice and fry in a little butter. Great when served with fried eggs.

HAM AND NOODLES

Jeanne Watters
Burden UMC

1 can Campbell's Cream of Chicken Soup
1 4 oz. can sliced mushrooms, drained, opt.
2/3 c. milk
2 c. cooked noodles (1/2 of 8 oz. pkg.)
1 1/2 c. cubed cooked ham
2 T. butter
1 T. cooking sherry, opt.

In saucepan, brown ham and mushrooms in butter. Stir in rest of ingredients. Heat thoroughly, stirring occasionally. Serve when hot.

BARBECUED PORK CHOPS

Edna Hollingsworth
Atlanta UMC

8-10 pork chops
1 sm. can tomato paste
1/4 c. vinegar
1/2 c. brown sugar (or white)
1 t. dry mustard
1 c. water
2 bay leaves
1/4 t. pepper
1 t. salt

Brown pork chops, then add the remaining ingredients which have been cooked 10 minutes. Pour over and cook in 400 degree oven 15 minutes, then 300 degree oven 75 minutes.

PORK CHOP - POTATO BAKE

Kathryn Miller
Tisdale UMC

Brown pork chops and place in baking dish - a long glass cake dish is best. Add sliced potatoes (I cook mine slightly). Salt and pepper to taste. Mix cream of mushroom soup or cream of celery soup with water from cooked potatoes and pour over potatoes. You may add some chopped onion. Bake in 350 degree oven one hour or until meat is done.

TO THE TRULY RELIGIOUS PERSON, EVERY DAY IS SUNDAY.

BAKED PORK CHOPS

Ruth Miller
Tisdale UMC

(from Phyllis Brothers)

pork chops
sliced cheese, American
sliced onion
sour cream

Arrange pork chops in baking pan. Place 1 slice onion, 1 slice cheese, and 1 T. sour cream on each pork chop. Cover with aluminum foil. Bake in 325 degree oven until tender. Remove foil and brown as desired.

HAM MUFFIN BRUNCH

Sue Simmons
Tisdale UMC

1 pkg. English muffins
2-3 cans Hormel chopped ham
1-1 1/2 c. Hellmann's Mayonnaise
1 bunch green onions, chopped
2 c. grated Cheddar cheese

Split muffins and place on baking sheet. Mix chopped ham, chopped onions, and Hellmann's. Spread on top of each muffin. Bake in 375 degree oven 15 minutes or until slightly crusted on top.

ONE SKILLET HAM DINNER

Helen Houghton
Tisdale UMC

Ham - generous serving for each
green beans, canned or cooked
med.- lg. potato per person

Using a heavy skillet, brown the slices of ham slightly in a little oil or bacon drippings. Push to one side and add green beans, pulling ham on top of beans. Peel and slice potatoes 1/4" thick; lay over the top of the ham. Add a little more water to bean juice and pour over. Cover skillet with tight lid and let simmer 25 minutes or until potatoes are done. Check water so vegetables don't dry out. Serve with green salad or sliced cucumbers in vinegar.

FISH

FISH BATTER

Ralph Oliver, Jr.
Burden UMC

1 c. flour
1 c. milk
1 egg
1/4 c. oil
1 t. baking soda
1 t. seasoned salt
1/2 t. garlic salt
2 drops liquid smoke

Salt fish, dip into batter and deep fry. Very good.

FISH BATTER

Clint Rogers
Tisdale UMC

1 c. flour
1 t. sugar
warm beer
1 egg
1 T. salt

Mix, using amount of beer to make right consistency. Dip fish into batter and deep fry.

FISH NUGGETS

Dan Salsman
Grandview UMC

1" fish nuggets
1/2 can 7-up
1 c. pancake flour

Mix together and deep fat fry cut up pieces in hot oil. Drain on paper towels. Season with salt and pepper and serve hot with a toothpick.

CLAM SAUCE for SPAGHETTI

Marcia Bolander
Tisdale UMC

3 oz. butter
1/2 med. onion, chopped fine
2 8 oz. cans chopped clams
1/2 t. thyme
1/4 t. white pepper
3 stalks celery, chopped fine
3 T. flour
4 c. half 'n half
1/2 t. salt
cooked spaghetti

In saucepan, combine butter, celery, and onion. Braise over medium heat until tender but not brown. Add flour and blend well. In second saucepan, combine juice from chopped clams. Add half 'n half, thyme, salt, and white pepper. Heat to boiling point; add first mixture; stir. Pour over cooked spaghetti. Serves 6.

TUNA AND CORN CASSEROLE

Carol Morris
Burden UMC

2 6 1/2 oz. cans tuna, drained
1/4 c. chopped green pepper
3/4 c. milk
1 6-7 oz. pkg. macaroni
dash of pepper
1/4 c. chopped onion
paprika or crumbs for topping
1/4 c. melted butter
3/4 t. salt
1 can or 2 c. corn

Cook macaroni as directed on package. When tender, pour into colander and rinse with cold water. Melt the butter in frying pan; add onion and green pepper and cook until tender. Break tuna into large pieces. Combine all ingredients except topping. Place in a well-greased 2-qt. casserole. Do NOT cover. Sprinkle with paprika or add cracker crumbs, crushed cornflakes, bread cubes or potato chip crumbs. Bake in 350 degree oven 50 minutes.

TUNA RING

Julie Moore
Burden UMC

1 egg
2 7 oz. cans tuna, drained
1/2 c. Velveeta cheese
1/2 t. parsley flakes
1/4 t. pepper
1/2 c. cold water
2 c. Bisquick Baking Mix
1/2 t. celery salt

Heat oven to 375 degrees. Beat egg slightly; set aside 2 T. of egg. Stir tuna, grated cheese, parsley, celery salt, and pepper into remaining egg. Stir baking mix and water to a soft dough; knead 5 times on a floured board. Roll into rectangle. Spread with tuna mixture. Roll up; shape into ring. Brush top with reserved egg. Slightly grease baking sheet, then put tuna ring on it. Bake 25-30 minutes. Serve with hot cheese sauce.

CHEESE SAUCE

1/4 c. margarine
1/4 c. Bisquick Baking Mix
1/4 t. each salt and pepper
2 c. milk
1 c. shredded Velveeta cheese
1/2 c. shredded Swiss cheese

Melt butter over low heat. Blend in baking mix, salt, and pepper. Cook over low heat, stirring until smooth and bubbly. Remove from heat, stir in milk. Heat to boiling, stirring constantly and boil 1 minute. Stir in cheese until melted.

BLUE RIBBON THREE "S" SUPPER

Wendy Dolsen
Atlanta/Prairie View UMC

(sausage, shrimp, and salad)
1 4 1/2 oz. can deveined large shrimp
1 pkg. bulk sausage (Jimmy Dean is okay)
2 3 oz. cans sliced mushrooms
1 head of iceburg lettuce, shredded
1 cantaloupe, cut into wedges
5 slices pineapple, cut into thirds
1 T. lemon juice
1 24 oz.)can of V-8 juice
1 T. worcestershire sauce
1 bunch Romaine lettuce
10 cherry tomatoes, cut in half

Drain the shrimp. Combine with lemon juice and set aside. Brown sausage in electric skillet. Pour off excess grease if necessary. Add V-8 juice, mushrooms, and worcestershire sauce to the sausage. Bring mixture to a boil and simmer 10 minutes. Add shrimp to sausage mixture and simmer for an additional 5 minutes. Set aside to cool. Cover individual serving plates with Romaine lettuce leaves. Place 1 c. serving of shredded iceberg lettuce in the middle of plate. Surround lettuce with cantaloupe, pineapple, and tomato. Place heaping 2/3 c. of sausage mixture on shredded lettuce. Serve with corn chips and drink. (1986 1st Place Winner at the Colorado State Fair Bake-off; original recipe by Doug Dolsen.)

DEER SAUSAGE

Dan Salsman
Grandview UMC

2 lbs. ground deer meat
1 c. water
1 1/2 T. liquid smoke
2 T. Tender Quick
1 t. crushed red peppers
1/8 t. garlic powder

Mix together. Divide into 3 rolls and wrap tightly in Saran Wrap. Refrigerate for 24 hours. Remove Saran Wrap and bake in a pan in 300 degree oven 45 minutes.

GERMAN LIVER DUMPLINGS

Lela Bannon
Atlanta UMC

1 lb. beef or pork liver
1 piece of suet, size of an egg
1 c. cracker crumbs
pepper to taste
1 med. onion
1 t. salt
1 med. onion
1 egg
1 t. salt
soup bone or beef broth
1 stalk celery

Grind liver, suet, and one onion together; then add egg, cracker crumbs, salt, and pepper; mix well. Boil a soup bone (or beef broth) with onion, celery, and salt. When vegetables are tender, make small balls of liver mixture and drop in soup. Cook 20 minutes. Serve hot with crackers.

CREAMY ONE DISH DINNER

Hazel Felker
Prairie View UMC

1 pkg. French's Real Sour Cream & Chives Potatoes
2 1/3 c. boiling water
1 10 oz. pkg. frozen mixed vegetables
1 12 oz. can Spam
2/3 c. milk
3 T. butter or oleo
1/4 c. dry bread crumbs

Cube Spam into 1/2" cubes; cover with water, bring to a boil for 1 minute; let stand until rest of casserole is ready, then drain. Pour potato slices into a 2 qt. casserole, sprinkle with seasoning mix. Stir in water, milk, and 2 T. butter or oleo. Bake in 400 degree oven 15 minutes. Stir in mixed vegetables; bake 15 minutes longer; stir in Spam. Melt remaining 1 T. butter or oleo and combine with crumbs. Sprinkle over casserole. Bake 15-20 minutes longer until potatoes are tender. If you prefer, use the microwave. Then, use the directions on the French's Potatoes and Chives box. Put all the ingredients in at the same time.

EASY PIZZA

Gretchen Conway
Burden UMC

1 pkg. refrigerated crescent rolls
1 jar tomato sauce
2 c. grated mozzarella cheese
anything else you like on pizza - hamburger, sausage, mushrooms, onions, olives, pepperoni, green peppers, etc.

Unroll crescent roll dough on greased cookie sheet. Bake in 350 degree oven 7-10 minutes until brown. Spread tomato sauce over dough, leaving edges show all around. Add extras and sprinkle mozzarella cheese on top. Bake 10-15 minutes or until cheese is melted.

TURKEY STUFFING

Edna Hollingsworth
Atlanta UMC

2 pkg. stuffing mix
1 onion
3 c. broth, approx.
salt and pepper to taste
1 pan cornbread
3-4 sticks celery
1 T. poultry seasoning

Saute chopped celery and onion until tender; add poultry seasoning, salt and pepper to taste, bread crumbs, and broth; mix well.

DUMPLINGS FOR CHICKEN OR BEEF

Margaret Martin
Grandview UMC

2 c. flour
1/4 t. salt
1 egg
3 t. baking powder
1 T. butter
3/4 c. milk (about)

Sift flour with baking powder and salt; cut in butter; add enough milk to make a soft batter. Drop by teaspoonsful into boiling broth. Cover and cook 10 minutes without removing lid.

DUMPLINGS

Edna Hollingsworth
Atlanta UMC

2 c. flour
1 c. milk
2 T. fat
4 t. baking powder
1 t. salt

Sift flour, salt, and baking powder together; cut in fat; add enough milk to make a soft batter. Drop by teaspoonsful into boiling broth; cover and cook 12 minutes.

The quest for happiness is the chief cause for unhappiness.

HOMEMADE NOODLES

Pauline Jones
Prairie View UMC

3 eggs
1 t. salt
2 T. cream
2 c. flour
4 drops yellow food coloring

Beat eggs. Mix all ingredients together to form a stiff dough. Roll out on flour-covered board until thin; cut into desired size. Cook in boiling water approximately 10 minutes, stirring often. Remove from heat and cover until ready to serve. Very good - we use at family dinners. Recipe from my mother, Laura Kennedy.

UNCLE JACK'S BARBECUE SAUCE

Sheryl Pilkington
Grandview UMC

1 c. catsup
1 c. brown sugar
1 t. garlic powder
1 t. liquid smoke
1/2 c. prepared mustard
1 T. worcestershire sauce
1 t. onion powder
1/2 t. black pepper

Mix and refrigerate until needed.

EGG DISHES

GREEN CHILI EGGS

Erma Roberts
Tisdale UMC

1 8 oz. can green chilies
1 lb. Monterey Jack cheese, grated
12 eggs
2 c. sour cream

Scrape all seeds from chilies; drain and wipe dry. Place the chilies i buttered 9"x13" casserole; spread the grated cheese on top of chil Combine eggs and sour cream; beat and pour over chiles-cheese mixture. Bake in 350 degree oven 30 minutes. (1/2 recipe in an 8"x8" casserole)

IT ISN'T WHAT YOU HAVE, BUT WHAT YOU ARE,
THAT REALLY SPEAKS TO OTHERS.

CHILI OMELET

Imogene Hamlin
Grandview UMC

2 eggs
1/4 c. shredded Cheddar cheese (1 oz.)
2 t. chopped green chilies, drained
dash of pepper
1 T. sour cream
2 T. sliced black olives
1/2 t. salt
1 T. butter

Beat eggs with fork; add green chilies, cheese, olives, salt, and pepper; mix with fork until blended. In an 8" skillet or omelet pan, heat the butter just until hot enough to sizzle a drop of water; add egg mixture and cook over medium heat. As egg mixture sets, lift edges slightly with spatula to allow uncooked portion to flow underneath. Remove from heat. Spoon sour cream filling across center; overlap omelet and invert onto serving place. Makes one omelet.

SAUSAGE BREAKFAST

Vada Whitehill
Atlanta UMC

1 lb. sausage
6 slices white bread (crust removed)
softened oleo or butter
1 1/2 c. shredded longhorn cheese
5 eggs
2 c. half 'n half (or milk)
1 t. salt
1 t. dry mustard

Cook sausage and drain. Spread each slice of bread with butter; cut into cubes; place in bread 9"x13"x2" Pyrex dish. Sprinkle with sausage and top with cheese. Combine remaining ingredients and pour over mixture. Bake in 350 degree oven 40 minutes. Serves 6.

GROUND HOG CASSEROLE

Wilma Anglemyer
Tisdale UMC

1 lb. sausage
1 10 1/2 oz. can cream of mushroom soup
1 13 oz. can evaporated milk
seasoned or cheese croutons
6 eggs, beaten
1 T. prepared mustard
1 lb. Cheddar cheese, grated

Brown sausage and drain. Mix eggs, undiluted soup, mustard, milk, and pepper. Spray a 9"x13" pan with Pam. Spread sausage mixture in pan. Top with cheese. Pour egg mixture over all. Cover with foil and refrigerate overnight. Next day, remove foil and sprinkle croutons on top. Bake in 325 degree oven uncovered 45-60 minutes, or until eggs are set. Makes 9-12 servings.

God doesn't call us to be successful. He calls us to be faithful!

BREAKFAST CASSEROLE

Janet Holt
Prairie View UMC

1 lb. sausage
oleo for bread
1 1/2 c. cheese (American or Longhorn)
1 t. salt
6 slices bread
5 eggs
1 c. milk
1 t. mustard

Brown and drain sausage. Spread oleo on bread, then break into pieces and place in greased 9"x13" pan. Spread sausage on top. In bowl, beat eggs slightly, then add grated cheese and other ingredients. Pour over bread and sausage. Chill overnight. Bake in 350 degree oven 40 minutes. (This recipe is for those who are more awake late at night than in the morning)

EGG AND SAUSAGE CASSEROLE

Gretchen Conway
Burden UMC

6 eggs
2 slices bread, crumbled
1 lb. sausage
2 c. milk
1 t. dry mustard
1 c. grated Cheddar cheese

Brown and drain sausage. Mix eggs, milk, and dry mustard. Add crumbled bread, cheese, and sausage. Refrigerate 6 hours or over night. Bake in 8"x8" or 7"x11" pan in 350 degree oven 45 minutes. Let stand for a few minutes for easier serving. I like to have this made if we have overnight guests.

EGG CASSEROLE

Lois Starkey
Burden UMC

6 eggs
1 c. grated Cheddar cheese
1 lb. sausage
salt
2 c. milk
2 slices cubed bread
1/2 t. dry mustard

Brown sausage and drain. Beat eggs and add milk and seasoning. Gently fold in other ingredients. Pour into greased 9"x13" dish and refrigerate overnight. Bake in 350 degree oven 35-40 minutes.

SAUSAGE EGG CASSEROLE

Leona Skelton
Tisdale UMC

2 lb. sausage
3 c. med. -thick white sauce
2 c. grated cheese
8 hard-boiled eggs, sliced
1 c. mushrooms
buttered bread crumbs

Fry and drain sausage. Cover bottom of casserole with sausage. Layer sausage, eggs, mushrooms, white sauce and top with grated cheese. Cover with buttered crumbs and sprinkle with paprika. Bake in 350 degree oven 35-40 minutes. Serves 10. Freezes very well. Thaw and bake.

SAUSAGE BREAD

Leona Skelton
Tisdale UMC

2 loaves frozen bread
1 lb. bacon, diced
1 bunch green onions, chopped
2 lb. sausage
4 eggs
1 c. Parmesan cheese

Let bread rise. Brown sausage, bacon and green onions. Drain. Cool and add eggs, one at a time. Roll out dough; spread mixture on top and sprinkle with cheese. Roll like French bread. Let raise and bake in 350 degree oven until golden brown.

EGG CASSEROLE

Jan Wheeler
Tisdale UMC

12 eggs (add a little milk)
12 slices bacon
sour cream
grated cheese

Fry bacon until real crisp; break up into beaten eggs and scramble. Put into greased 9"x13" dish and "frost" lightly with sour cream and sprinkle grated cheese over mixture. Bake in 350 degree oven until cheese is melted. OPTIONS: For more or less - add same amount of eggs as slices of bacon. You may fix mixture of eggs and bacon a day ahead and refrigerate, covered. Next morning, frost with sour cream, add cheese and bake in 350 degree oven about 30 minutes.

HAM DELIGHT

Erma Roberts
Tisdale UMC

6 eggs, beaten
1 t. dry mustard
2 c. grated cheese
4 c. milk
12 slices buttered white bread
cubed cooked cured ham

Trim crusts from 6 slices of bread; butter and place in bottom of buttered 9"x13" pan, buttered side down. Sprinkle well with cheese. Add a generous layer of ham. Butter 6 more slices of bread and place on ham, buttered side up. Fill up corners with cubes of bread. Prepare sauce by combining eggs, mustard, and milk and pour over bread, ham and cheese; set in refrigerator 24 hours or at least overnight. Bring to room temperature and bake in 350 degree oven 1 hour. Can cover with following sauce, heated, after baked:

1 can cream of mushroom soup
3 hard boiled eggs, chopped
2 c. thin white sauce
1 sm. can pimento, cut up

When you break your word, you break something that cannot be mended.

BREAKFAST PIZZA

Betty Hamm
Tisdale UMC

Press 1 pkg. refrigerated crescent rolls into pizza pan;top with 1/2-1 lb. browned sausage; 1 c. hash browns; beat 5 eggs with 1/4 c. milk and pour over hash browns; top with grated Cheddar cheese. Bake in 375 degree oven 15-20 minutes or until eggs are set.

BREAKFAST PIZZA

Betty Hamm, Tisdale UMC
Leona Skelton, Tisdale UMC

1 lb. sausage
1 8 oz. pkg. refrigerated crescent rolls
1/4 c. milk
1/8 t. pepper
1 c. shredded cheese (4 oz.)
5 eggs
1/2 t. salt
2 T. Parmesan cheese
1 c. frozen loose pack hash browns (thawed)

Brown sausage and drain. Separate dough into 8 pieces and place on ungreased 12" pizza pan, points toward center. Press over bottom of pan and up sides and seal. Spoon sausage over crust and sprinkle with potatoes. Top with cheese. In bowl beat eggs, milk, salt, and pepper and pour over crust. Sprinkle with Parmesan cheese. Bake in 375 degree oven 25-30 minutes. Serves 6-8.

QUICHE

Sue Simmons
Tisdale UMC

3/4 c. milk
Swiss cheese, 1/2 of long pkg.
salt and pepper
1 pie shell, unbaked
3/4 c. cream (half 'n half)
4 eggs
dash of nutmeg
2 T. flour
1 c. ham, bacon, mushrooms, onions, or green pepper - your choice

In pie shell, put 1 cup of your choice and top with Swiss cheese. Combine milk, half 'n half, eggs, salt, pepper and flour. Pour over filling. Bake in 350 degree oven 45 minutes or until brown.

QUICHE

Gretchen Conway
Burden UMC

3 eggs
1/4 c. finely chopped onion
1/2 c. finely chopped cooked broccoli
1 baked 10" pastry shell
1 c. milk
1 c. grated Cheddar cheese
1/4 c. cooked sliced mushrooms

In a bowl, beat eggs, milk, and seasoning of your choice. Stir in onion, broccoli, and mushrooms. Pour into pie shell and bake in preheated 350 degree oven 45-50 minutes until a toothpick inserted in center comes out clean. Let stand 3-4 minutes to cool before serving. I like to put in freezer and have if unexpected company stop by.

SOME HELPFUL HINTS

To avoid toughness, cook pork slowly and it must be well done.

For juicer steaks and chops, have them nearer room temperature rather than very cold before broiling.

Have you ever tried a few drops of worcestershire sauce on bacon before broiling? It's great!

Try broiling a good, thick steak properly and spread it with butter just before serving; yummy!

Try rubbing a little dry mustard, ginger and salt on your chicken before roasting it for a zesty flavor.

Fried or baked chicken is especially delicious when it has first been marinated in the refrigerator overnight in buttermilk, sour milk or sour cream.

When baking a ham, slit the rind lengthwise on the underside before placing it in the roaster pan. As the ham bakes, the rind will pull away and will come off easily without lifting the ham.

Use beef or chicken bouillon cubes to heighten the flavor in soups, stews and gravies. Add a cube to creamed sauces for zest.

SOME FAVORITE RECIPES IN THIS SECTION

A RECIPE FOR	PAGE NUMBER

Cakes, Cookies
& Candy
Breads & Rolls
Pies, Pastry

Lovin' From The Oven

Freeze over-ripe bananas with a little lemon juice and use later in breads or cakes.

When bread is baking, a small dish of water in the oven will help to keep the crust from getting too hard.

Use shortening, not oleo or oil to grease pans, especially for bread, as oleo and oil absorb more readily into the dough or batter and do not help to release baked goods from pan.

Use metal ice tray divider to cut biscuits in a hurry. Press into dough and biscuits will separate at dividing lines when baked.

Self-rising flour: 4 cups flour, 2 teaspoons salt and 2 tablespoons baking powder. Mix well and store in tightly covered container.

Hot water kills yeast. One way to tell the correct temperature is to pour some over your forearm and if you cannot feel either hot or cold, the temperature is just right.

When in doubt, always sift flour before measuring.

When cooking in glass pans, reduce oven temperature by 25 degrees.

When milk is used in making bread, you get a finer texture. Water makes a coarser bread.

If bread is browning too quickly, place a pan of water on the rack above it in the oven.

When scalding milk, to prevent scorching, first rinse pan in hot water.

If your biscuits are dry, it could be from too much handling; or, the oven temperature may have not been hot enough.

Nut breads are better if stored 24 hours before using.

To make bread crumbs, toast the heels of bread and put in blender or food processor.

Cracked eggs should only be used in dishes that are thoroughly cooked; they may contain bacteria.

The freshness of eggs can be tested by placing them in a large bowl of cold water; if they float, do not use them.

HONEY WHOLE WHEAT BREAD

Nancy Girod
Burden UMC

2 pkg. dry yeast
1/2 c. warm water
1/4 c. shortening
1 3/4 c. warm water
1/3 c. honey
1 T. salt
3 c. whole wheat flour
3-4 c. all purpose flour

Dissolve yeast in 1/2 c. warm water; stir in honey, shortening, salt, 1 3/4 c. water, and whole wheat flour; beat until smooth. Fold in white flour to make dough easy to handle; knead; place in greased bowl; cover with damp towel; let rise until double in a warm place about 1 hour; punch down and shape into 2 loaves; place in greased bread pans; let rise about 1 hour. Bake in preheated 375 degree oven 40-45 minutes.

LOAF BREAD

Maxine Wadsack
Prairie View UMC

1 pkg. dry yeast
1/4 c. warm water
1 T. instant or fresh chopped onion
1 T. butter
1 c. creamed cottage cheese, heat to lukewarm
1 egg, unbeaten
2 T. sugar
2 t. dill seed
1 t. salt
1/4 t. soda

Dissolve yeast in 1/4 c. warm water; combine the remaining ingredients. Add 2 1/4 - 2 1/2 c. flour. Use mixer until it gets to stiff. Use spoon to finish beating. Cover with towel. Let rise 50-60 minutes. Turn into well-greased casserole or loaf pan; let rise 30 minutes. Bake in 350 degree oven 40-45 minutes. Brush with butter; remove from pan while hot.

INSTANT BREAD

Edna Hollingsworth
Atlanta UMC

4 1/2 c. flour
4 t. baking powder
1 t. salt
1/2 t. soda
1/2 c. shortening
2 c. buttermilk
1 pkg. yeast

Don't rise. Shape in rolls of whatever you like; put rest in refrigerator to use later. Bake in 400 degree oven.

YEAST CORN BREAD

Lela Bannon
Atlanta UMC

1 c. flour or (1 1/2 c. flour
2 c. cornmeal 1 1/2 c. cornmeal)
1/2 t. salt 1 pkg. active dry yeast
1/4 c. sugar 1/4 c. butter, melted
1 t. baking powder 1/2 t. baking soda
21/2 c. buttermilk, heated to lukewarm

Stir all dry ingredients together, then add butter and buttermilk. Let rise, covered, 30 minutes in a greased baking pan or iron skillet. Bake uncovered in 350 degree oven 30-35 minutes.

SWEDISH RYE BREAD

Wendy Dolsen
Atlanta/Prairie View UMC

1 pkg. yeast, soaked
5 c. warm water
1 c. sorghum or molasses
2/3 c. sugar
1/3 c. shortening, melted
1 1/2 T. salt
2 t. caraway seeds
2 c. rye flour

Add white flour until stiff; let rise twice, put in loaf pans. Bake in 375-400 degree oven about 30 minutes.

RIGHT BREAD ROLLS

Edna Hollingsworth
Atlanta UMC

1 c. scalded milk
3 T. sugar
3 t. salt
3 eggs
6 T. shortening or oleo
1 c. lukewarm water
2 pkg. yeast

BREAD

Pauline Jones
Prairie View UMC

1 c. milk, scalded
2 T. shortening
1 egg, beaten
3 1/2 c. flour
1 t. salt
2 T. sugar
1 cake yeast, dissolved in
1/4 c. lukewarm water

Mix scalded milk, scalded, shortening, salt, and sugar and cool to lukewarm. Add egg and yeast dissolved in water. Stir in flour; let rise until double in bulk. Roll out 1/2" in thickness or pinch off in rolls. Very good....my aunt Gussie Kennedy's recipe.

BEEF BREAD

Elizabeth Magnusson
Grandview UMC

1 c. water
1/3 c. sugar
1 c. ground beef
2 T. yeast
3 t. salt
1 c. ground nuts
3 c. white flour
1 c. ground raisins
2 T. molasses
1/2 c. warm water
1 c. milk
2 T. shortening
3 c. graham flour

Bring 1 c. water, sugar, ground beef, ground raisins, and molasses to a boil, then cool. Soften yeast in 1/2 c. warm water. Scald milk, shortening, and salt and cool. Add beef mixture and ground nuts to yeast mixture. Add graham flour and white flour. Knead and let raise. Bake in 350 degree oven. Makes 2 loaves.

ONION LOVERS TWIST

Edna Hollingsworth
Atlanta UMC

1 pkg. yeast
1/4 c. warm water
4 c. Pillsbury flour
1/4 c. sugar
1 1/2 t. salt
1/2 c. hot water
1/2 c. milk
1/4 c. margarine, softened
1 egg

FILLING

1/4 c. butter
1 c. finely chopped onion
or 1/4 c. instant minced onion
1 t. paprika
1 T. grated Parmesan cheese
1 T. sesame or poppy seed
1 t. garlic salt

In large bowl, dissolve yeast in warm water. No need to sift flour, just measure lightly. Add 2 c. flour, sugar, salt, water, milk, butter, and egg. Blend at low speed until moistened; beat 2 minutes at medium speed. By hand stir in remaining flour to form soft dough; cover and let rise to double in size 45-50 minutes. Stir down. Knead on floured surface until no longer sticky. Roll out 18"x12" rectangle. Spread with filling. Cut lengthwise into 3 8"x" strips or for 2 loaves cut into 6 strips 9"x4". Starting with longer side, roll up each strip; seal edges and ends. On greased cookie sheet braid 3 rolls together. Cover ; let rise in warm place until light and double 45-60 minutes. Bake in 350 degree oven 30-35 minutes. To prepare filling, melt butter in saucepan and add remaining ingredients. Mix well. Makes 1 large or 2 small loaves.

CORNMEAL ROLLS

Nancy Girod
Burden UMC

1 c. skim milk
1/3 c. white or yellow cornmeal
1/4 c. sugar
3-3 1/2 c. white or unbleached flour
1 pkg. yeast
1/4 c. warm water
1 egg slightly beaten
1/4 c. margarine

Measure milk in saucepan and slowly add the cornmeal while cooking over moderate heat. Stir constantly with a whisk about 5 minutes or until the mixture is thick. Add sugar and margarine; continue to stir until the sugar is dissolved. Transfer to a large mixing bowl and let cool until about 115-120 degrees. In small bowl sprinkle yeast over warm water, stir until dissolved. Add yeast mixture and egg to cornmeal mixture; blend well. Gradually add sufficient flour to make a soft dough. Turn out on lightly floured surface and knead 4-5 minutes, adding as little flour as possible, until dough is smooth and elastic. Place dough in bowl in a warm place after covering with a damp towel; let rise about one hour. Punch down and form into a rope. Form 1 oz. balls and roll each quickly on lightly floured surface. Put on baking sheet 4" apart. Let rise for a hour or until doubled in bulk. Bake in preheated 350 degree oven 15-20 minutes. 36 servings; 68 calories per roll. HINT: After filling a baking sheet with rolls wait 15-20 minutes. This way the second rising time will coincide with the baking time from the first batch on the baking sheet.

ROLLS

Vada Whitehill
Prairie View UMC

1 pkg. dry yeast
1/2 c. warm water
1 egg, beaten
2 t. salt
1/4 c. soft butter, oleo or Crisco
3 T. sugar
3/4 c. milk (water can be used)
3 1/2 c. flour

Mix yeast and warm water. Mix egg, salt, butter, sugar, and milk; add yeast mixture; add flour. Let "rest" 10 minutes, then knead 8 minutes. Place in greased bowl and let rise until doubled. Punch down and form into rolls. Let rise and bake in 375-400 degree oven until nice and brown. I use this for cinnamon rolls too - just roll out and spread with melted butter and sprinkle cinnamon and nuts; roll up and slice; let rise and bake.

THERE WILL BE NO WORLD PEACE

AS LONG AS GOD REMAINS UNSEATED AT THE CONFERENCE TABLE!

BUTTER ROLLS

Ora Parsons
Burden UMC

1 c. milk
1/3 c. sugar
4 1/2 c. flour
pinch of salt
1/3 c. shortening
1 pkg. rapid rise yeast
2 eggs, well beaten

Heat milk, shortening, and sugar until shortening is melted and cool to lukewarm. Add yeast and 1 1/2 c. flour. Beat well. Let rise about 30 minutes (until blubbery), then add eggs, salt, and 3 c. flour, scant. Let rise until quite light, then divide dough in half. Roll out each half into a circle on floured board. Spread with soft butter or oleo. Cut into pie shape pieces. Roll up from wide end and lay on loose end; let rise until light. Bake in hot oven 12-15 minutes.

BEST CINNAMON ROLLS

Maxine Wadsack
Prairie View UMC

2 1/2 c. warm water
1 box yellow cake mix
3 eggs
1 t. salt
margarine, sugar, cinnamon
2 pkg. yeast
1 c. all purpose flour
1/3 c. oil
5 1/4 c. flour

Dissolve yeast in warm water for 3 minutes; add eggs, 1 c. flour, oil, salt, and cake mix and beat with electric mixer for 3 minutes. Add 5 1/4 c. flour, stirring slowly with a spoon until mixed well. Knead on floured board 5 minutes. Place in lightly greased bowl; let rise until double. Divide dough in half and roll 1/4" thick. Spread with softened oleo. Sprinkle with sugar and cinnamon, and raisins if desired; roll up like jellyroll, cut and place on oiled cookie sheet or pan. Let rise until double. Bake in 350 degree oven 20-30 minutes. Ice while hot using powdered sugar icing.

CINNAMON ROLLS

Erica Morris
Burden UMC

1 yellow cake mix with pudding
2 pkg. yeast
5 c. flour
1 t. salt
2 1/2 c. hot water

Let rise until double - about 2 hours. Roll out and spread with 1 c. sugar, 2 T. cinnamon and 1 stick soft margarine. Roll up and cut. Let rise again. Bake in 350 degree oven. Be sure to give the children some dough so they can make their own rolls!

EASY REFRIGERATOR ROLLS

Nancy Horst
Tisdale UMC

2 c. warm water
1/2 c. sugar
1/4 c. shortening
6 1/2-7 c. flour
2 pkg. yeast
2 t. salt
1 egg

Stir water and yeast until dissolved, then add remaining ingredients, mix and place in greased bowl with a damp cloth. Store overnight in refrigerator. Make into rolls and let raise until double in size. Bake in 400 degree oven 12-15 minutes. Never knead.

BUTTERMILK LIGHT ROLLS

Imogene Hamlin
Grandview UMC

2 c. buttermilk (warm slightly)
4-6 c. flour
1 pkg. dry yeast
1/4 c. warm water
1 t. baking powder
1 t. soda
2 T. sugar
1 t. salt
4 T. Crisco Shortening

Dissolve yeast in warm water. Cream sugar and shortening. Sift 4 c. flour with soda, salt and baking powder. Alternate adding the flour, buttermilk and the yeast mixture. Work in enough flour to make a soft dough; this should take between 4-6 c. flour. Place dough in refrigerator. The longer the dough is kept in the refrigerator, the better. The unusual feature of the dough is that it will rise quickly (in less than an hour) once it has been chilled. Shape into rolls; let rise. Bake in 375-400 degree oven 15 minutes.

ANGEL BISCUITS

Cathy Hamlin
Grandview UMC

1 pkg. dry yeast
1/4 c. warm water
2 1/2 c. flour
1/2 t. baking soda
1 c. buttermilk
1 t. baking powder
1 t. salt
2 T. sugar
1/2 c. shortening

Dissolve yeast in water; set aside. Mix dry ingredients in order given; cut in shortening. Stir in buttermilk and yeast mixture, blend thoroughly. Can now be refrigerated or made into biscuits. To make biscuits, turn dough onto floured surface and lightly roll out and cut with biscuit cutter. Let biscuits rise slightly (if dough is cold, this will take a little longer). Bake in 400 degree oven until light brown.

SOUTHERN RAISED BISCUITS

Marjorie Sellers
Tisdale UMC

1 c. buttermilk or sour milk
4 c. sifted all purpose flour
2 t. baking powder
1 pkg. active dry yeast
1/2 c. warm water (105-115 degrees)
1 t. salt
2 T. sugar
1/3 c. shorten
2 T. margarine, melted

Heat milk until bubbles form around edge of pan; cool until lukewarm. Grease cookie sheet. Sift flour with salt and baking powder into large bowl. Sprinkle yeast over warm water. Add sugar and stir to dissolve; stir this into lukewarm milk. Cut shortening into flour; mix until like cornmeal; add melted margarine and milk mixture. Stir altogether. Dough will be stiff. Turn out on floured board and knead about 5 minutes. Roll out 1/2" thick; cut with biscuit cutter. Place on cookie sheet 1" apart; pierce tops with a fork; cover and let rise 30 minutes in warm place until double in bulk. Bake in 400 degree oven 10-12 minutes. Brush tops with melted margarine. Serve warm.

QUICK BREADS

BISCUIT MASTER MIX

Pauline Jones
Prairie View UMC

(came from Cowley County Farm Bureau Recipe)
9 c. flour
1/3 c. baking powder
1 T. salt
2 t. cream of tartar
1/4 c. sugar
2 c. shortening

Stir baking powder, salt, cream of tartar, and sugar into flour. Sift together 3 times. Cut shortening into mixture. Store in covered container at room temperature. Makes about 13 cups for baking.

MILE HIGH BISCUITS

Peggy Shields
Tisdale UMC

3/4 c. shortening
1 c. milk
2 T. sugar
4 1/2 t. baking powder
1 egg
3 c. flour
3/4 t. cream of tartar
3/4 t. salt

Mix shortening, egg, and milk together. Sift together flour, cream of tartar, salt, sugar, and baking powder and blend into shortening mixture. Mix well and roll on lightly floured board; cut and bake in 350 degree oven till light brown.

NAVAJO FRIED BREAD

Sue Boling
Grandview UMC

(Jacob's favorite recipe)
2 1/2 c. flour
1 t. salt
1 T. baking powder

Add enough water (warm) to make a dough. Knead the dough. Divide into balls. Flatten and fry in hot oil in skillet. Drain on paper towels and eat. May put butter, jelly, or powdered sugar over top.

BISCUITS SUPREME (50 biscuits)

Edna Hollingsworth
Atlanta UMC

9 c. flour
1/4 c. sugar
3 1/4 c. shortening
4 c. milk
1 T. salt
8 T. & 1 t. baking powder
1 T. cream of tartar

Mix dry ingredients; cut in shortening; add milk. Roll out 1/2 inch thick and cut with biscuit cutter. Bake in 450 degree oven 10-12 minutes. One-fourth of recipe would be about right for small family.

BISCUITS

Edna Hollingsworth
Atlanta UMC

2 c. self-rising flour
3 T. shortening
3/4 c. milk, approximately

Measure flour; add shortening and cut or rub it into the flour. Add the milk, a little at a time. Whip up dough with a heavy spoon. Roll 1/2" thick and cut into biscuits. Bake in 500 degree oven 7-10 minutes.

KENTUCKY SPOON CORN BREAD

Phyllis Nichols
Tisdale UMC

1 7 oz. can creamed corn
1 7 oz. whole kernel corn, drained
1 c. sour cream
1 box Jiffy Corn Muffin Mix
salt to taste
2 eggs
1 stick butter or margarine

Mix all ingredients in large bowl except butter. Melt half stick of butter and add to mixture last. Grease or spray 2 qt. casserole and pour in mixture and pour the remaining 1/2 stick melted butter over top. Bake in 350 degree oven 1 hour. Test at 45 minutes. Batter must be moist but firm. Serves 12.

LOVE IS: sharing a part of yourself with others.

CRACKLIN' CORN BREAD

Pauline Jones
Prairie View UMC

2 c. commeal
1 1/2 t. baking powder
1 t. baking soda
1 t. salt
2 eggs, well beaten
1 c. buttermilk
3/4 c. chopped salt pork
2 t. drippings

Brown the salt pork and drain off the fat. Save the drippings and the cracklin's. Mix corn meal, baking powder, soda and salt. Combine buttermilk and drippings with the egg and stir into the commeal, along with the cracklin's. Place dough in greased baking pan and bake in preheated 400 degree oven 30 minutes. This will make 1 large loaf or 2 small ones. This was my grandmother Ollie Roberts Kennedy recipe.

ORIENTAL CORN BREAD

Mildred Wesbrook
Tisdale UMC

10 oz. frozen chopped broccoli
thaw and squeeze out all water
3/4 c. cottage cheese (fine curd)
1 med.onion, chopped fine
1 box Jiffy Corn Bread Mix
3 med. eggs (or 2 lg.)
1 stick margarine, melted
1 t. salt

Mix all together and bake in 350 degree oven for 30 minutes in greased 7"x"9" or 8"x8" pan. Serves 6.

HUSH PUPPIES

Ralph Oliver, Jr.
Burden UMC

2 c. commeal
1 c. flour
1/2 t. garlic
1/2 t. soda
1 c. buttermilk
dash of cayenne pepper
1 c. ground onion
1/2 c. parsley (can use 2 T. dried)
2 lg. eggs

Mix all; roll into balls and deep fry. Half batch will be enough for 4 hungry people. This recipe is from LA.

BROCCOLI CORN BREAD

Ida Finney
Tisdale UMC

10 oz. frozen chopped broccoli
thaw and squeeze out all water
1 med. onion, grated
1 stick margarine, melted
3/4 c. cottage cheese
1 box Jiffy Corn Bread Mix
4 eggs
1 t. salt

Mix all together and bake in 350 degree oven 30 minutes in a greased 7"x9" pan.

CRUSTY CORN BREAD

Pauline Mosier
Hicks Chapel UMC

1 c. sifted flour
3 1/2 t. baking powder
1 c. cornmeal
1 c. milk
1 t. salt
2 T. sugar
1 egg, well beaten
1/3 c. cooking oil

Sift together flour, salt, baking powder, and sugar. Mix with cornmeal. Combine egg, milk, and shortening. Add to dry ingredients; stir just until moistened. Pour into a greased 9" square pan. Bake in 450 degree oven 25-30 minutes. NOTE: If you prefer less flour in your corn bread, all or any part of the flour can be replaced with cornmeal, making the recipe to your special taste.

MUFFIN MIX CORN BREAD

Sue Boling
Grandview UMC

1 c. sour cream
1 stick margarine
1/4 c. chopped onion
1 17 oz. can whole-kernel corn with liquid
1 17 oz. can cream-style corn
3 eggs, well beaten
1 c. grated Cheddar cheese
1 8 1/2 oz. pkg. corn muffin mix

Bring sour cream to room temperature. Mix up muffin mix. Melt margarine and saute onion. Mix all ingredients, except cheese, together and pour into greased 9"x13" pan. Sprinkle top with grated cheese. Bake in 350 degree oven 12-15 minutes.

HEALTH BREAD

Cathy Hamlin
Grandview UMC

1 egg, beaten
3 c. buttermilk
1/2 c. molasses
1 t. salt
4 c. bran
2 t. soda
1 c. chopped walnuts
1 c. raisins
2 c. flour

Mix ingredients in order given. Put in greased pan and bake in 325 degree oven 45-60 minutes. This takes only 5 minutes to put together!

GOD GIVES US THE INGREDIENTS FOR OUR DAILY BREAD,

BUT HE EXPECTS US TO DO THE BAKING!

PULL-APART BREAD

Carol Morris
Burden UMC

1 pkg. frozen rolls
1 stick butter , melted
1 small box butterscotch pudding, not instant
1/2 c. brown sugar
nuts

Arrange rolls in bundt pan. Sprinkle brown sugar and pudding over rolls. Drizzle butter (and nuts) over top of rolls. Let set out all night (8-10 hours). Bake in 350 degree oven 30 minutes.

PULL-APART HERB BREAD

Leona Skelton
Tisdale UMC

1 lg. pkg. butterflake rolls
1 T. Parmesan cheese
1 T. instant minced onion
garlic salt to taste
1/2 c. oleo
1 t. parsley
1/4 t. dill seed

Cut the rolls into bite size pieces. Melt oleo in pan and mix in cheese, parsley, onions, dill, and garlic salt. Toss the rolls lightly with 1/2 of mixture. Arrange in 9"X9" pan and pour rest of oleo mixture over the rolls and bake in 350 degree oven 15 minutes. Invert on plate to serve.

EASY CINNAMON ROLLS

Mildred Wesbrook
Tisdale UMC

1 pkg. Rhodes Frozen Rolls
1 pkg. regular butterscotch pudding
1/2 c. brown sugar
chopped nuts
1 stick oleo
1 T. cinnamon (more if desired)

Lightly grease rolls and place in bundt pan on top of crushed nuts covering bottom. Sprinkle butterscotch pudding over rolls. Melt the oleo with brown sugar and cinnamon. Pour over rolls and place in cold oven overnight. In morning remove and heat oven to 350 degrees and bake 30-35 minutes. Turn out on plate.

QUICK BUTTERSCOTCH ROLLS

Marjorie Sellers
Tisdale UMC

2 loaves frozen bread dough
1 box butterscotch pudding, not instant
1 t. cinnamon
1/2 c. milk
1 c. brown sugar
1/2 c. margarine or butter, melted
1 t. vanilla

Thaw bread dough. Cut into cubes. Arrange in bundt cake pan or 9"x13" pan. Mix remaining ingredients together and pour over cubes. Let rise and bake in 350 degree oven 30 minutes. This may be put in the refrigerator overnight and baked the next morning for breakfast.

MONKEY BREAD

Amy Salsman
Grandview UMC

4 cans biscuits
2 t. cinnamon
1 1/2 sticks butter
1 2/3 c. sugar
nuts, opt.

Grease bundt pan. Cut biscuits into fourths and coat with 2/3 c. sugar and 1 t. cinnamon mixed together. Drop into bundt pan. Combine butter, 1 c. sugar, and 1 t. cinnamon and bring to boil; add nuts and pour over biscuits. Bake in 350 degree oven 30 minutes. Cool 10 minutes and invert pan.

BUTTER DIPS (Bread Sticks)

Tina Chilcott
Atlanta UMC

1/3 c. oleo (for pan)
2 1/4 c. flour
1 T. sugar
3 1/2 t. baking powder
1 1/2 t. salt
1 c. milk

Heat oven to 450 degrees; melt oleo in 9"x13" pan, remove when melted. Sift dry ingredients into bowl. Add milk, stir slowly with fork until dough clings together, about 30 strokes. Turn out on well-floured board; knead lightly about 10 times. Roll out 1/2" thick 8"x12". Cut in half lengthwise, then crosswise into 16 strips. Dip each strip on both sides in melted butter as you place them in pan. Bake 15-20 minutes until golden brown. Can add garlic powder to oleo.

SQUASH ROLLS

Betty Hamm
Tisdale UMC

2/3 c. mashed cooked butternut squash
2 c. Bisquick Mix

Heat oven to 450 degrees. Mix Bisquick and squash thoroughly. Gently smooth dough into ball on floured board. Knead 5 times. Roll dough into a 12" circle; spread with soft margarine. Cut in wedges; roll up beginning at rounded edges. Place rolls with points underneath about 1" apart on ungreased cookie sheet. Bake until golden brown, 8-10 minutes. Yield: 12 rolls.

People who live by the GOLDEN RULE today

never have to apologize for their actions tomorrow.

APPLE WHEAT MUFFINS

Marilyn Miller
Tisdale UMC

2 c. wheat flour
2 t. baking powder
1 t. salt
1/4 t. nutmeg
1 c. chopped apples
1 egg
3/4 c. milk
1/4 c. oil
1/4 c. honey

Combine dry ingredients, add apples and toss well. Combine eggs, milk, oil and honey. Add to flour mixture. Mix until just moist and spoon into greased muffin tin 2/3 full. Bake in 400 degree oven 18-20 minutes.

BANANA MUFFINS

Brad Donley
Grandview UMC

1 egg
1 c. mashed banana
2 T. milk
2 c. Bisquick Mix
1/4 c. sugar
2 T. cooking oil

Beat egg slightly; stir in remaining ingredients just until moistened. Divide batter evenly in 12 medium greased (bottoms only) muffin cups. Bake in preheated 400 degree oven 15-17 minutes until golden brown.

CRAZY MUFFINS

Alan Kennedy
Prairie View UMC

1 c. vanilla ice cream
1 c. self-rising flour

Mix ice cream and flour together. Spoon into greased muffin tins and bake in 400 degree oven about 20 minutes. NOTE: Do not substitute ice milk or regular all-purpose flour.

BIG BATCH BRAN MUFFINS

Susie Tatum
Burden UMC

2 c. boiling water
2 c. 100% Bran Cereal
5 c. flour
1 1/2 t. salt
4 c. buttermilk
2 1/2 c. sugar
1 c. shortening
5 t. soda
2 eggs, beaten
2 c. raisins

Pour boiling water over Bran. Cream together sugar and shortening in a very large bowl. Sift together flour, soda, and salt. Add sifted ingredients to creamed mixture alternately with eggs, buttermilk, and raisins. Blend all ingredients together only until moistened. Divide into cool whip containers; keep covered in refrigerator until ready to use. Keeps several weeks. Fill greased or paper-lined muffin tins 3/4 full. Bake in 350 degree oven 20-30 minutes. Makes about 5 dozen.

BRAN MUFFINS

Sarah Jo Sympson
Tisdale UMC

1 c. hot water
1 c. Shred of Wheat Bran Cereal
1/2 c. calorie reduced margarine
2 T. liquid sugar substitute
2 c. non-fat buttermilk
2 eggs beaten (or 4 whites)
2 1/2 c. flour
2 1/2 t. soda
2 c. Wheat Bran Cereal

Pour hot water over wheat bran flakes; let stand 10 minutes. Cream oleo and sugar; add buttermilk, eggs, and wet bran cereal. Bake in 400 degree oven 15 minutes. Makes 12 muffins. Each muffin - 1 starch; 1 fat; 98 calories; Sodium - 240 mg.

OATMEAL-BRAN MUFFINS

Maureen Moore
Burden UMC

3 c. oatmeal
2 c. whole wheat flour
1 c. oat bran
1 c. brown sugar
3 c. 2% or whole milk
3 t. baking powder
1 1/2 t. salt
3/4 c. corn oil
3 eggs
1 1/2 t. baking soda

Mix together oatmeal, flour, oat bran, brown sugar, baking powder, salt, and oil. Mix milk, soda, and eggs. Combine the 2 mixtures. Set in refrigerator overnight. Use as needed by baking in muffin pans sprayed with Pam. Bake in 350 degree oven 15 minutes.

PUMPKIN MUFFINS

Nancy Kennedy
Prairie View UMC

1 egg
1/2 c. pumpkin
1 1/2 c. flour
2 t. baking powder
1/2 t. cinnamon
1/2 c. raisins
1/2 c. milk
1/4 butter, melted
1/2 c. sugar
1/2 t. salt
1/2 t. nutmeg

Heat oven to 400 degrees. Grease bottom of muffin cups or use paper baking cups. Beat egg slightly; stir in milk, pumpkin, and butter. Blend together dry ingredients and stir into egg mixture just until flour is moistened. Fold in raisins. Fill muffin cups 2/3 full. Bake 18-20 minutes. Serve warm.

Train your child in the way you now know you should have gone yourself.

OATMEAL-DATE MUFFINS

Lois Starkey
Burden UMC

1 c. flour
1/2 t. baking soda
1 c. Old Fashioned Rolled Oats
1/2 c. packed dark brown sugar
1/2 c. oleo, melted
2 t. baking powder
1/2 t. salt
1 c. buttermilk
1 egg, beaten
1/2 c. cut up moist dates

Sift together flour, baking powder, soda, and salt; set aside. In large bowl, stir together oats and buttermilk. Add sugar, egg, and oleo; mix well; stir in dates. Add dry ingredients and stir only enough to moisten; spoon immediately into 12 greased muffin cups. Bake in preheated 375 degree oven 25-30 minutes or until rich golden brown. 201 calories per muffin. These muffins bake rather flat.

RHUBARB MUFFINS

Marjorie Kadau
Tisdale UMC

1 1/4 c. brown sugar
1/2 c. cooking oil
1 egg
2 t. vanilla
1 c. buttermilk
1 1/2 c. diced rhubarb
1/2 c. chopped walnuts
1/4 t. black walnut flavoring
2 1/2 c. flour
1 t. soda
1 t. baking powder
1/2 t. salt

TOPPING
1 t. oleo, melted
1/3 c. sugar
1 t. cinnamon

In a large bowl put brown sugar, oil, egg, vanilla, and buttermilk. Mix well. Stir in rhubarb, walnuts, and flavoring. In a smaller bowl, combine flour, soda, baking powder, and salt; then add to rhubarb mixture. Spoon batter into muffin pan. Combine melted butter, sugar, and cinnamon and spoon over top of muffins, pressing it down. Bake in 350-375 degree oven 20-25 minutes.

APPLE OATMEAL BREAD

Marilyn Miller
Tisdale UMC

1 1/2 c. flour
1 t. baking powder
1 t. baking soda
1 t. salt
1 t. cinnamon
1/2 t. nutmeg
2/3 c. brown sugar
1/4 c. milk
1/4 c. butter, melted
2 eggs
3 c. chopped apples
1 c. chopped nuts

Stir dry ingredients together. Add eggs, butter, and milk all at once. Fold in apples and nuts. Bake in greased loaf pan in 350 degree oven 55-65 minutes.

CHEDDAR APPLE BREAD

Vera Pearce
Atlanta UMC

2 1/2 c. flour
2 t. baking powder
1/2 t. salt
1/2 t. cinnamon
1 1/2 c. chopped peeled apple
3/4 c. milk
1/3 c. margarine, melted
2 c. shredded cheese (8 oz.)
2 eggs, beaten
1/4 c. chopped nuts

Combine dry ingredients; add eggs, milk, and margarine; mix well. Stir in remaining ingredients. Spoon into well-greased and floured 9"x3" loaf pan. Bake in 350 degree oven 60-70 minutes. Let stand 5 minutes; remove from pan. Makes 1 loaf.

BANANA BREAD

Carroll Shivers
Grandview UMC

1 1/4 c. sugar
1/2 c. margarine
2 eggs, beaten
1 c. mashed bananas
1 t. soda
2 T. milk
2 c. flour, sifted
1/2 t. salt
2 T. vanilla
1 c. chopped pecans

Cream sugar and margarine; add eggs and bananas. Dissolve soda in milk; sift flour and salt and add alternately into creamed mixture. Add vanilla and pecans. Pour into greased loaf pan and bake in 350 degree oven 1 hour.

MOIST BANANA BREAD

Ava Deets
Burden UMC

2 c. sifted flour
1 t. baking powder
1/2 c. butter or oleo
2 eggs
1 c. sugar
1/2 t. salt
1/2 t. baking soda
1 c. mashed bananas
1/2 c. chopped nuts

Sift together flour, baking powder, baking soda, and salt. Cream butter; gradually beat in sugar. Add eggs, one at a time, beating after each addition. Add banana and mix well. Blend in sifted dry ingredients. Fold in nuts. Pour into a greased 9"x5"x3" loaf pan and bake in 350 degree oven 60-70 minutes.

If you will carry the Bible when you are young,

it will carry you when you are old.

CHRISTMAS BANANA BREAD

Isabelle Sauer
Tisdale UMC

1/2 c. lard
1 c. sugar
2 eggs, beaten
3 bananas
2 c. flour
1 t. soda
1/4 c. chopped nuts
1/4 c. chocolate chips
1/4 c. diced maraschino cherries

Cream lard and sugar; add eggs and mashed bananas. Sift flour and soda together and add. Add nuts, chips, and cherries. Bake in well oiled loaf pan in 350 degree oven 45-50 minutes.

PUMPKIN BREAD

Marlene Salsman
Grandview UMC

3 c. sugar
1/2 t. baking powder
2 t. soda
1 t. cloves
1 c. salad oil
1 c. water
1 16 oz. can pumpkin
1 t. cinnamon
1 1/2 t. salt
1 t. nutmeg
2 c. flour
4 eggs
1 c. nuts

Mix together sugar, baking powder, soda, cloves, cinnamon, salt, nuts, and flour; add remaining ingredients and bake in 325 degree oven 1 hour in greased and floured pans. Makes 2 4" loaves.

SUE'S PUMPKIN BREAD

Sue Boling
Grandview UMC

3 c. sugar
1 t. cinnamon
1 1/2 t. salt
1 c. salad oil
4 eggs
2 t. baking soda
3 1/2 c. flour
1 t. nutmeg
2/3 c. water
2 c. pumpkin

Put sugar, cinnamon, salt, baking soda, flour, and nutmeg in a large mixing bowl. Make a well in center and add salad oil, eggs, water, and pumpkin. Beat until smooth. (I use my own pumpkin that is thinner than canned, so more liquid may be used for the desired consistency.) Fill two loaf pans 1/2 full (can also be baked in angel food pan). Bake in 350 degree oven 65-75 minutes till center tests done.

One evidence of the value of the Bible
is the character of those who oppose it.

ZUCCHINI BREAD

Isabelle Sauer
Tisdale UMC

2 eggs
1/2 c. oil
1 c. sugar
1/4 t. baking powder
2 t. cinnamon
1 t. vanilla
1 c. grated zucchini
1 1/2 c. flour
1 t. salt
nuts and raisins, opt.

Beat eggs until foamy. Add oil and sugar, and vanilla. Beat until creamy. Add zucchini. Sift together flour, baking powder, salt, and cinnamon and add to above. Nuts and raisins may be added. Bake in 5"x9" loaf pan in 325 degree oven 1 hour or more. Can be frozen.

ZUCCHINI BREAD

Sue Boling
Grandview UMC

3 eggs
1 c. vegetable oil
2 c. coarsely grated zucchini, loosely packed
2 c. 2 T. flour
1 t. salt
1 c. chopped nuts
2 c. sugar
1 T. vanilla
1 T. cinnamon
2 t. baking soda
1/4 t. baking powder

Beat eggs in bowl until they are frothy. Beat in sugar, vegetable oil, and vanilla. Beat mixture until it is thick and lemon colored. Stir in zucchini and then flour sifted cinnamon, baking soda, salt, and baking powder. Fold in nuts. Pour into greased and floured loaf pans and bake in 350 degree oven 1 hour, or until done. Let set for 10 minutes and remove from pans to cool.

PANCAKES

GOOD PANCAKES

Cathy Hamlin
Grandview UMC

2 T. vinegar
2 c. milk
2 c. sifted flour
2 T. cornmeal
1 t. baking soda
1 t. salt
2 1/2 T. sugar
1 egg, beaten
3 T. oil

Add vinegar to milk and let sour. Measure and sift dry ingredients in large bowl; add sour milk, beaten egg, and oil. Mix well and bake on preheated skillet or griddle.

PANCAKES

Edna Hollingsworth
Atlanta UMC

2 c. flour
1 t. salt
2 T. sugar
4 t. baking powder
1/4 c. oil or oleo
2 eggs

Add milk until right thickness. Cook on hot griddle 380-400 degrees.

COFFEE CAKES

FRUIT SWIRL COFFEE CAKE

Bart Ankrom
Atlanta UMC

1 1/2 c. sugar
1/2 c. oleo, softened
1/2 c. shortening
1 1/2 t. baking powder
1 t. vanilla
1 t. almond extract
4 eggs
3 c. flour
1 21 oz. can pie filling, cherry, apricot or blueberry
glaze (below)

Preheat oven 350 degrees. Grease 10"x15"x1" pan or 2 pans 9"x9"x2". Beat sugar, oleo, shortening, baking powder, vanilla, almond extract, and eggs in large bowl on low speed until blended. Beat on high speed 3 minutes. Stir in flour. Spread 2/3 of batter in jelly roll pan or 1/3 batter in each square pan. Spread pie filling over batter. Drop remaining batter by tablespoons onto pie filling. Bake 45 minutes. Drizzle with glaze while warm. **GLAZE**: Beat 1 c. powdered sugar and 1-2 T. milk until smooth and of desired consistency. Cut into bars 2 1/2"x2". Makes 30 bars.

COWBOY COFFEE CAKE

Pearl Ruggles
Tisdale UMC

1 egg, beaten
1/2 c. milk
1 c. flour
2 t. baking powder
1/2 c. sugar
2 T. shortening, melted
1/2 t. salt

Combine egg, sugar, milk, and shortening. Add flour with salt and baking powder. Pour into greased and floured 8"x8" pan. Sprinkle mixture of brown sugar, cinnamon, 1 T. flour, and 1 T. melted butter. Can add nuts, cherries, etc. I also top with chopped pineapple sometimes. Bake in 375 degree oven 20-25 minutes.

BUNDT COFFEE CAKE

Dorothy Shannon
Atlanta UMC

1 pkg. Duncan Hines Yellow Cake Mix
1 pkg. vanilla instant Jello Pudding Mix
3/4 c. corn oil
3/4 c. water
4 eggs
1/2 stick butter
1/2 c. nuts
1 1/2 t. vanilla

TOPPING

1/4 c. sugar
1/2 c. nuts
1 T. cinnamon

Mix cake mix, pudding mix, corn oil, and water together. Beat in eggs, one at a time. Beat at high speed 6 minutes after last egg. Add vanilla. Grease bundt pan heavily using 1/2 stick of butter. Sprinkle 1/2 c. nuts in pan. Mix topping. Pour 1/3 batter, then 1/2 of topping; continue 1/3 batter then topping, etc. Bake in 350 degree oven 50 minutes. Cool 8 minutes and turn out of pan, then drizzle with glaze. **GLAZE**: 1 c. powdered sugar, 1 T. butter, 2 T. milk, 1 t. vanilla. Mix and spread.

SOUR CREAM PECAN COFFEE CAKE

Ruth Ann Smith
Tisdale UMC

1 stick oleo, softened
1 c. sugar
2 eggs, well beaten
2 c. sifted flour
1 t. baking powder
1/2 t. salt
1 c. sour cream
1 t. vanilla
1 t. soda

TOPPING

1/3 c. brown sugar
1/4 c. white sugar
1 t. cinnamon
1 c. finely chopped pecans

Mix oleo and sugar well; mix in eggs; mix in sour cream and vanilla; stir in dry ingredients until well blended. Mixture will be thick. Put about half in bottom of greased and floured 9"x13" pan; sprinkle half of topping and spoon on remaining batter; spread and sprinkle remaining topping. Bake in 325 degree oven 35-40 minutes.

Forgiveness is the perfume
that the trampled flower casts
upon the heel that crushed it.

COFFEE CAKE

Janet Holt
Prairie View UMC

1 1/2 c. flour
1 T. baking powder
3/4 c. sugar
1/4 t. salt
1/4 c. shortening
1 egg
1/2 c. milk
1 t. vanilla

1/2 c. brown sugar
2 T. flour
2 t. cinnamon
1/2 c. chopped nuts
2 T. butter, melted

Mix all ingredients in first column for the cake batter. In another bowl mix second column of ingredients. Pour half of the cake batter in greased 8"x8" pan, add half of second mixture, then repeat. Bake in 375 degree oven 30 minutes. Serve warm. Dates, white raisins, candied cherries or orange peel may be added to second mixture if desired.

Paul has given us some very meaningful words in 2 Corinthians 6

"As God's fellow workers we urge you not to receive God's grace in vain. For he says, "In the time of my favor I heard you, and in the day of salvation I helped you." I tell you, now is the time of God's favor, now is the day of salvation. We put no stumbling block in anyone's path, so that our ministry will not be discredited. Rather, as servants of God we commend ourselves in every way: in great endurance; in troubles, hardships and distresses; in beatings, imprisonments and riots; in hard work, sleepless nights and hunger; in purity, understanding, patience and kindness; in the Holy Spirit and in sincere love; in truthful speech and in the power of God; with weapons of righteousness in the right hand and in the left; through glory and dishonor, bad report and good report; genuine, yet regarded as impostors; known, yet regarded as unknown; dying, and yet we live on; beaten, and yet not killed; sorrowful, yet always rejoicing; poor, yet making many rich; having nothing, and yet possessing everything. "

SOME HELPFUL HINTS

Homemade bread sliced thickly has a better flavor than sliced thinly, chew slowly and enjoy!

CAN SIZES

8 oz. tall = 1 cup

No. 1 (picnic) = 1 1/4 cups

No. 300 = 1 2/3 cups

No. 1 tall = 1 3/4 cups

No. 303 = 2 cups

No. 303 tall = 2 2/3 cups

No. 2 = 2 1/2 cups

No. 3 tall =5 3/4 cups

No. 10 = 13 cups

SOME FAVORITE RECIPES IN THIS SECTION

A RECIPE FOR	PAGE NUMBER

The Children's Hour

Child's Party: Push animal shaped cookie cutters lightly into icing. Fill depressed outlines with chocolate icing. ALSO...Fill ice cream cones (flat bottoms) with cake batter half full and bake. Decorate with icing topped with colored sugar.

To teach a child how to put the right shoe on the right foot, mark or tape the inside of the right shoe only.

SPOON FOR BABY: A tablespoon of your measuring spoons set is ideal for baby to eat soup or cereal with. The short handle and deep scoop helps them to get more into their mouth as they learn to feed themselves.

When you are driving, do your children fuss so that you find yourself turning around to intervene? Here's a way to lessen this potentially dangerous situation. Clip an extra mirror on your dashboard or on the sun visor of the car. That way, you will be able to easily see that action in the back seat, and you can give your instructions without having to keep turning around.

Has your child outgrown his favorite sweater? Don't throw it away. Chances are, it is only the sleeves that are too short. Cut off the sleeves and finish the armholes, and he will have a great sweater vest to wear.

Want an inexpensive way to stretch your baby powder? Mix the baby powder with a box of cornstarch or some baking soda and it will go much further. Both of these materials are safe and will stretch your money, too. Cornstarch is just fine to use alone.

Want a good way to wean your baby from his or her bottle? When the time comes to start weaning your baby from the bottle, take the lid off the bottle and let the baby drink from the "old favorite" bottle, then start using a cup from there. Make sure you start with baby's favorite drinks.

Here's a good way to keep your baby's bottle warm when you go somewhere. After the baby's bottle is warmed, just pop it into a wide mouth thermos that has been "warmed" with hot water. Put on the lid. This will keep the bottle just right.

Remember this simple tip when going to outings. A child in colorful clothes is easier to find. Nothing stands out in a crowd like a toddler in red, purple, or yellow.

Is your baby's high chair a mess? A few minutes in the shower will take care of that and save you a lot of scrubbing.

ANGEL FOOD CAKE

Vada Whitehill
Prairie View UMC

1 c. plus 2 T. sifted cake flour
3/4 c. extra fine sugar
1 1/2 c. egg whites (room temperature)
1 1/2 t. cream of tartar
1 c. sugar
1/2 t. salt
1 t. vanilla extract
1 t. lemon or almond extract

Sift cake flour and extra fine sugar together 3 times; set aside. Beat egg whites with cream of tartar until soft peaks form; add salt and 1 c. sugar gradually at a slightly slower speed on mixer; continue beating till stiff peaks form. Scrape bowl and turn mixer to low speed and add vanilla (white vanilla keeps the cake a whiter color) and lemon or almond extract. Fold the sifted flour and sugar mixture into the egg white mixture being careful not to beat in air. Pour into 10" tube pan. Work a tablespoon around in mixture. I always then "drop" the pan on counter a couple of times (this is a no-no, but it works for me). **FLUFFY WHITE FROSTING:** 2 egg whites, 1/2 t. salt, 1 c. sugar, 1 T. white Karo syrup, 1/3 c. water. Beat egg whites and salt in small bowl of mixer to firm peaks. Cook sugar, syrup, and water until it "spins a thread" when dropped from a spoon. Add this syrup slowly to egg whites and beat as you do this. Beat until soft shiny peaks and spreadable. Frost cake.

ANGEL FOOD CAKE

Pauline Jones
Prairie View UMC

1 2/3 c. egg whites
1 1/3 t. cream of tartar
1/4 t. salt
1 1/2 c. sugar, sifted
1 t. flavoring
1 c. sifted cake flour

Preheat oven to 325 degrees. Sift flour 3 times with 1/2 c. sugar. Beat egg whites until frothy; add salt and cream of tartar. Beat again until glossy and just stiff enough to hold a peak. (Overbeating whites results in dry cake.) Sprinkle 2 T. sugar at a time over surface of white mixture. Gently beat and fold in. Fold in flavoring. Sift 2 T. flour/sugar mixture at a time over egg white mixture, folding in gently. Repeat until all is folded in thoroughly. Pour into ungreased angel food pan and cut through batter with spatula to remove air bubbles. Bake 60-65 minutes. Invert pan to cool. **FLUFFY ICING:** 4 egg whites, 1/4 t. cream of tartar, 1 1/2 c. sugar, 1/2 t. salt, 1/2 c. water. Beat egg whites with cream of tartar in a bowl. Boil slowly in a pan salt, sugar, and water. Pour slowly into beaten egg whites, continue to beat at high speed. Can use 4 T. cocoa to 1 c. flour to make a chocolate angel food cake. Being a Polo 4-H cooking leader teacher for 19 years, this was one of the recipes we used for many years to go to the fairs.

CHOCOLATE ANGEL FOOD

Judy Kunkel
Tisdale UMC

3/4 c. cake flour
3/4 c. plus 2 T. sugar
1/4 c. cocoa
1/4 t. salt
1 1/2 c. egg whites
1 1/2 t. cream of tartar
3/4 c. sugar, sifted 3 times
1 1/2 t. vanilla
1/2 t. almond extract

Sift cake flour, 3/4 c. plus 2 T. sugar, and cocoa together 5 times; set aside. Beat egg whites until stiff; add salt and cream of tartar, then 3/4 c. sugar, 2 T. at a time, and fold in. Fold in sifted dry ingredients 3 T. at a time with 8-10 strokes. Add flavoring. Bake in ungreased angel food pan in 375 degree oven 40 minutes. Turn upside down and cool for 1 hour before removing from pan.

APPLE CAKE

Ruth Miller
Tisdale UMC

2 c. sugar
2/3 c. shortening
2 c. flour
1 1/2 t. soda
1 1/2 t. nutmeg
1 t. cinnamon
1/2 t. salt
2 eggs
4 c. sliced peeled apples
1/2 c. chopped nuts

Cream shortening and sugar. Sift together dry ingredients and add to cream mixture. Add beaten eggs, apples, and nuts. Beat until thoroughly blended; bake in greased pan in 350 degree oven 35 minutes. **SAUCE**: 1/2 c. butter, 1 c. sugar, 1/2 c. cream,1 t. vanilla. Mix ingredients and boil 1 1/2 minutes. Serve on cake.

FRESH APPLE CAKE

Dorothy Shannon
Atlanta UMC

2 c. sugar
3 c. sifted all-purpose flour
1 t. soda
1 t. salt
1 T. cinnamon
3 c. sliced peeled apples
2 eggs, beaten slightly
2 t. vanilla
1/2 c. nuts
1/2 c. coconut
1 1/2 c. salad oil

Mix by hand sugar, sifted flour, soda, salt, and cinnamon in mixing bowl. Add apples; mix until coated with dry ingredients. Add salad oil, eggs, and vanilla. Mix well. Add nuts and coconut. Mix until thoroughly blended. Batter may look thick, but don't add more liquid. Pour into ungreased 9"x13" pan. Bake in 350 degree oven 60 minutes or until done. Serve with icing, or whipped cream, or without. This is Crystal Dutcher's recipe.

RAW APPLE CAKE

Pearl Ruggles
Tisdale UMC

1 c. sugar
1 egg
1 t. soda
1 t. cinnamon
2 c. chopped raw apples
1/4 c. shortening
1 c. flour
dash of salt
1/2 t. nutmeg
nuts

Mix sugar, shortening, and egg; add flour, soda, salt, cinnamon, and nutmeg and mix; then add apples and nuts and pour into 9"x13" pan and bake in 350 degree oven 45 minutes.

APPLE CAKE

Nellie Craig
Burden UMC

1 1/2 c. oil
2 c. sugar
3 lg. eggs
3 c. sifted flour
1 t. salt
1 t. soda
3 c. sliced raw apples
1 1/2 c. chopped nuts
1 t. vanilla

Sift flour, salt, and soda together. Beat together oil, sugar, and eggs; stir in sifted ingredients; mix well. Add apples, nuts, and vanilla and pour into greased and floured 9"x13" pan. Bake in 350 degree oven 45-60 minutes. Leave in pan, and cover with glaze. **GLAZE**: 1 c. light brown sugar, 1 stick oleo, 1/4 c. evaporated milk (or half 'n half), 1 t. vanilla. Combine ingredients in a pan and cook 2 1/2 minutes, stirring constantly. Spoon over cake while both are warm.

APPLE CAKE

Edna Hollingsworth
Atlanta UMC

1 c. sugar
1/4 c. shortening
1 egg
1 c. flour
1 t. soda
nuts or raisins or both if desired
1/2 t. nutmeg
1/2 t. cloves
1/2 t. cinnamon
1/2 t. salt
2 c. finely chopped apples

Cream sugar and shortening; add egg and mix well. Add chopped apples. Then sift in dry ingredients. Bake in 325 degree oven 40 minutes or until done.

An unusual amount of common sense is sometimes called wisdom.

EMMA'S FRESH APPLE-WALNUT CAKE

Grace Morgan
Prairie View UMC

4 c. coarsely chopped apples
3 eggs
2 t. vanilla
2 t. baking soda
1 c. chopped walnuts (or pecans)
2 c. sugar
1/2 c. vegetable oil
2 c. sifted all purpose flour
2 t. cinnamon
1 t. salt
(Emma also adds 1 c. raisins and 1 t. allspice)

Combine apples and sugar and let stand. Beat eggs slightly; beat in oil and vanilla. Mix and sift flour, baking soda, salt, and cinnamon; stir in alternately with apples and sugar mixture. Stir in nuts; pour into greased and floured 9""x13" oblong pan and bake in 350 degree oven about 1 hour or until done, by test. Let stand in pan until quite cool, then turn out on rack to complete cooling. Frost and decorate with whole nut meats. Cut in squares and serve. Makes 12-15 squares. **LEMON BUTTER FROSTING:** 5 T. butter or oleo, 3 c. powdered sugar, 1 T. lemon juice, 1 T. cold water, few grains of salt. Cream butter or oleo; add sugar gradually, creaming thoroughly. Beat in lemon juice and enough cold water to make a spreading consistency; beat in salt; spread on cake. Makes 3 1/2 c. frosting. (May add nuts if desired.)

FRESH APPLE CAKE and GLAZE

Imogene Hamlin
Grandview UMC

2 c. sugar
3/4 c. salad oil
1 t. cinnamon
1/4 c. water
3 c. chopped peeled apples
1 t. vanilla
2 eggs
1/4 t. salt
1 t. soda
3 c. sifted flour
1 c. black walnuts

Mix eggs and sugar until light, then mix oil with dry ingredients. Fold in apples and nuts. Pour in 9"x13" pan and bake in 350 degree oven 1 hour. Glaze while warm . **GLAZE:** 1 T. butter, powdered sugar , hot coffee.

YOU CAN EASILY JUDGE THE CHARACTER OF ANOTHER

BY THE WAY THEY TREAT THOSE

WHO CAN DO NOTHING FOR THEM IN RETURN.

SAUCY APPLE SWIRL

Ruth Ann Smith
Tisdale UMC

1/4 c. sugar
1 2/3 c. unsweetened applesauce
1 pkg. Pillsbury Yellow Cake Mix
2 t. cinnamon
3 eggs

Blend sugar and cinnamon. Grease 10" tube pan or bundt pan and dust with about 1 T. of cinnamon-sugar mixture. Blend cake mix, applesauce and eggs until moistened. Beat as directed on package. Reserve 1 1/2 c. batter; pour remaining batter into pan; sprinkle with remaining sugar-cinnamon mixture; then top with reserved batter. Bake in 350 degree oven 35-45 minutes or until done. Cool cake in pan, top side up, for 15 minutes, then invert on serving plate.

APPLESAUCE CAKE

Sue Boling
Grandview UMC

1 1/2 c. unsweetened applesauce
1/2 c. shortening
1 c. sugar
1 egg, beaten
2 c. flour
3/4 c. chopped nuts
2 t. soda (stir in applesauce)
1 t. cinnamon
1/4 t. nutmeg
1/4 t. cloves
1 c. or less raisins, opt.

Sift flour, cinnamon, nutmeg, and cloves together. Cream sugar and shortening. Add beaten egg. Add flour mixture alternately with applesauce. Add nuts and raisins. Bake in 350 degree oven until done.

APPLESAUCE CAKE

Marlene Salsman
Grandview UMC

2 c. sifted flour
2 T. cocoa
1 1/2 t. cinnamon
1/4 t. nutmeg
1/2 t. cloves
1/2 t. allspice
1/2 t. soda
3/4 t. salt
1 1/2 t. baking powder
1/2 c. shortening
1 1/2 c. sugar
2 eggs
1 1/2 c. applesauce
1 c. raisins
3/4 c. chopped walnuts

Sift flour, cocoa, salt, spices, soda, and baking powder; add fruit and nuts and toss to coat. Cream shortening, sugar, and eggs. Beat 2 minutes; add flour mixture alternately with applesauce, beat only until blended. Turn into 9"x13" pan. Bake in 350 degree oven 55-60 minutes. Frost with the following frosting. **FROSTING:** Cook 1/2 c. milk and 2 1/2 T. (heaping) flour until thick paste. Cool. Add: 1 stick oleo, 1/2 c. sugar, 1 t. vanilla. Beat until fluffy.

APRICOT NECTAR CAKE

Lois Starkey
Burden UMC

1 lemon cake mix
3/4 c. Wesson Oil
1 c. apricot nectar
1/2 c. sugar

Put all ingredients in mixing bowl; add 4 eggs one at a time and beat well after each. Pour in angel food cake pan and bake in 350 degree oven 1 hour. Drizzle over top and down sides with glaze of 1 c. powdered sugar and 2 T. apricot nectar.

BABY FOOD CAKE

Phyllis Perrigo
Burden UMC

1 box yellow cake mix
1 c. oil
1 sm. jar plum baby food
1 sm. jar apricot baby food
4 eggs
1/2 c. sugar
1 c. nuts, opt.

Mix all ingredients. Bake in a greased and floured bundt pan in 325 degree oven for 1 hour or until done.

BANANA CAKE

Hazel Felker
Prairie View UMC

2 eggs
1/2 c. shortening
1 1/2 c. sugar
1 t. soda
3 bananas, mashed
2 c. flour
1/4 t. salt
4 T. buttermilk
1 t. vanilla
1/2 c. nuts, opt.

Cream shortening and sugar. Add eggs, flour, salt, and soda, then add mashed bananas, buttermilk and nuts. Bake in 9"x13" pan in 350 degree oven until cake shrinks from the sides of the pan.

DELUXE BANANA CAKE

Clara Hamm
Tisdale UMC

1/2 c. shortening
1 1/2 c. sugar
2 eggs
2 c. sifted flour
1 t. soda
3/4 t. salt
1/2 c. buttermilk
1 c. mashed bananas (3)
1/2 c. chopped black walnuts

Cream shortening and sugar; add eggs, one at a time, beating after each addition. Add sifted dry ingredients alternately with buttermilk and bananas. Stir in nuts. Bake in 9"x13" greased and floured pan in 350 degree oven 35-45 minutes. Frost if desired.

BLUE RIBBON BANANA CAKE

Imogene Hamlin
Grandview UMC

3/4 c. shortening
1 1/2 c. granulated sugar
2 eggs
1 c. mashed bananas
2 c. sifted all-purpose flour
1 t. baking soda
1 t. baking powder
1/2 t. salt
1/2 c. buttermilk
1 t. vanilla
1/2 c. chopped pecans
1 c. flaked coconut

Cream together shortening and sugar until light and fluffy; add eggs; beat 2 more minutes. Add bananas, beat 2 more minutes. Mix together flour, baking soda, baking powder and salt. Add dry ingredients to creamed mixture, alternating with buttermilk, beating just to combine each addition. Add vanilla; beat 2 minutes. Stir in pecans. Turn into 2 greased and floured 9" round cake pans. Sprinkle 1/2 c. coconut on each layer. Bake in 375 degree oven 25-30 minutes or until cake tests done. Cool in pans on racks 10 minutes. Remove from pans and cool on racks. Prepare CREAMY NUT FILLING. Place first layer coconut side down on plate and spread with filling. Top with second layer coconut side up. Ice with WHITE SNOW ICING, if desired. **CREAMY NUT FILLING:** 1/2 c. granulated sugar, 1/2 c. chopped pecans, 2 T. flour, 1/4 t. salt, 1/2 c. light cream, 1 t. vanilla, 2 T. butter or margarine. Combine sugar, flour, light cream, and butter in heavy saucepan. Cook, stirring constantly, until thickened. Stir in pecans, sale and vanilla; Cool. **WHITE SNOW ICING:** 1 egg white, 1/2 t. coconut extract, 1/4 c. shortening,1/2 t. vanilla, 1/4 c. butter or margarine, 2 c. sifted confectioners sugar. Cream together egg white, shortening, butter, coconut extract, and vanilla. Gradually add confectioners sugar, beating until light and fluffy. Sprinkle with toasted coconut for extra flavor and color.

BANANA CAKE

Kathryn Miller
Tisdale UMC

1 1/2 c. sugar (brown or white or both)
1/2 c. butter
2 egg yolks
(I add 1 t. vanilla and nuts too)
4 T. sour cream
2 c. flour
2 egg whites, beaten
1 c. mashed bananas

Cream sugar and butter. Add egg yolks and sour cream and beat. Sift flour and soda together and add alternately with the bananas. Fold in egg whites. Bake in moderate oven 40 minutes. **CARAMEL ICING:** Heat together until boiling: 1 c. brown sugar, 1/3 c. evaporated milk or cream, 1 T. butter. Remove from heat; add 1 t. vanilla and enough powdered sugar to make a spreading consistency.

It will truly be a great day when everyone who has a job is working.

BANANA SOUR CREAM CAKE

Imogene Hamlin
Grandview UMC

1 1/4 c. sugar
2 eggs, beaten light
1 1/2 c. flour
1/4 t. salt
1 c. mashed bananas (3-4)
1/2 c. butter
1 t. soda
4 T. sour cream
1 t. vanilla

Mix soda and sour cream together. Mix sugar, butter and eggs together; add sour cream and soda; add bananas and mix; add flour, salt and vanilla and mix well. Bake in 350 degree oven 35-45 minutes in greased and floured layer pans, flat oblong pan or muffin tins. **FROSTING:** 1/2 c. mashed bananas, 1/4 c. butter, 1/2 t. lemon juice, 3/4 c. powdered sugar. Mix bananas and lemon juice. Beat butter until creamy; add sugar and bananas alternately, a small amount at a time. Beat until fluffy.

CARROT CAKE

Ava Deets
Burden UMC

2 c. sugar
3 c. sifted flour
1 sm. flat can crushed pineapple, drained
1 t. soda
2 c. grated carrots
3 eggs, beaten lightly
1 1/2 c. cooking oil
1 t. salt
2 t. vanilla
1 c. raisins or nuts or half of each

Mix by hand or low mixer speed. Bake in greased and floured tube pan or 9"x13" pan in 350 degree oven 1 hour and 15 minutes. **FROSTING:** 8 oz. pkg. softened cream cheese, 1 lb. powdered sugar, 1 stick oleo softened, 2 t. vanilla, nuts (optional).

CARROT CAKE

Grace Morgan
Prairie View UMC

1 1/2 c. salad oil
4 eggs, beaten
2 c. flour
2 t. soda
1 t. vanilla
3 c. grated carrots
2 c. sugar
1/2 t. salt
1 t. cinnamon

Beat together well salad oil, eggs, carrots, and sugar; then add remaining ingredients and mix well. Bake in greased and floured pan - 3 layers or 1 large loaf pan in 350 degree oven 30-35 minutes until done. **CREAM CHEESE FROSTING:** 1 8-oz. pkg. cream cheese, 1 lb. powdered sugar. Soften cream cheese well; beat cheese till fluffy; add powdered sugar and beat until creamy. Put topping on cake while it is still warm. Makes enough for layer cake or loaf cake.

CHOCOLATE MAYONNAISE CAKE

Gretchen Conway
Burden UMC

1 c. cold water
1 c. salad dressing or mayonnaise
2 c. flour
1 c. sugar
1/2 c. cocoa
2 1/2 t. soda
1 T. vanilla

Mix water and salad dressing. Mix dry ingredients. Add vanilla to liquid mixture. Add dry ingredients slowly. Bake in well greased 7"x12" cake pan in 350 degree oven 30 minutes.

CHOCOLATE SHEET CAKE

Judy Steinle
Grandview UMC

2 c. sugar
2 c. flour
2 sticks oleo
3 T. cocoa
1 c. water
1/2 c. buttermilk
1 t. vanilla
2 eggs, beaten
1 t. soda
1 t. cinnamon

Combine oleo, cocoa, and water and bring to a boil. Mix flour and sugar in a bowl, pour cocoa mixture over flour and sugar. Add all other ingredients, stir with a spoon. Pour into greased cookie sheet with 1" sides. Bake in 350 degree oven 25 minutes. Frost with the following recipe upon removal from oven. **FROSTING:** 3 T. cocoa, 1 t. vanilla, 1 stick oleo, 1 c. nuts, 6 T. milk, 1 lb. box powdered sugar. Bring to a boil cocoa, oleo and milk. Pour over powdered sugar, vanilla and nuts. Beat well; spread on warm cake.

CHOCOLATE SHEET CAKE

Edna Hollingsworth
Atlanta UMC

1 stick oleo
4 t. cocoa
2 c. sugar
1/2 c. buttermilk
1 t. soda
1/2 c. oil
1 c. water
2 c. flour
2 eggs
1 t. vanilla

Bring to boil oleo, oil, cocoa, and water; add sugar and flour and beat; Add buttermilk, eggs, soda, and vanilla and mix well. Pour in greased pan and bake in 400 degree oven 20 minutes. Five minutes before cake is done mix 1 stick oleo, 4 T. cocoa, and 6 T. milk. Just melt them and add 1 lb. powdered sugar, 1 t. vanilla and some nuts. Spread on warm cake.

WHAT YOU GIVE LIVES!

"LOVE SHEET CAKE" (Chocolate)

Sarah Jo Sympson
Tisdale UMC

2 c. flour
2 c. sugar
1 t. soda
2 t. cinnamon
2 eggs
1 c. water
4 T. cocoa
2 sticks oleo
1/2 c. buttermilk

Bring to a boil water, cocoa, and oleo; pour over flour, sugar, soda , and cinnamon and beat. Then add 1/2 c. buttermilk (can use 1 T. vinegar mixed in 1/2 c. milk) and 2 eggs; beat well and put in pan. Bake in 350 degree oven 20 minutes. Frost while cake is hot. I never have a failure with this cake, but I do not bake it in a sheet cake pan. I use a heavy aluminum pan 17"x12"x2". **FROSTING**: 4 T. cocoa, 1 stick oleo, 6 T. milk, 1 lb. powdered sugar. 1 c. pecans. Bring to a boil cocoa, oleo and milk and boil about 2 minutes, then add powdered sugar and pecans.

SOUR CREAM CHOCOLATE CAKE*

submitted by Imogene Hamlin
Grandview UMC

1 c. sugar
1 c. flour
1 c. sour cream
2 eggs
2 1/2 T. cocoa
1 t. soda
1 t. vanilla
pinch of salt
1/2 t. cinnamon or cloves

Place all ingredients in bowl and beat by hand or with electric mixer for 5 minutes. Pour into greased and floured 8"x8" pan and bake in 350 degree oven 25-30 minutes. Frost. **CARAMEL FROSTING**: 3/4 c. white sugar, 3/4 c. sweet cream, 3/4 c. brown sugar. Cook to soft ball stage and beat until creamy. *From First Presbyterian Church cookbook published in December 1958 by Mrs. Charles Vasey.

CHOCOLATE UPSIDE-DOWN CAKE

Clara Hamm
Tisdale UMC

1 c. flour
3/4 c. sugar
2 1/2 t. baking powder
1/4 t. salt
1/2 c. milk
2 T. butter, melted
1/2 c. nuts
1 t. vanilla
1/2 c. brown sugar
1/2 c. white sugar
5 T. cocoa
1 c. hot water

Mix and sift together flour, sugar, baking powder, and salt. Add milk, melted butter, nuts, and vanilla. Pour into 9"x9" greased and floured pan. Mix brown sugar, white sugar, and cocoa; sprinkle on top of cake. Pour 1 c. hot water over all and bake in 375 degree oven 30 minutes. Double recipe for 9"x13" pan.

RED DEVIL'S FOOD CAKE

Allene Archer
Tisdale UMC

2 c. sugar
1/2 c. (or less) cocoa
2/3 c. shortening
2 eggs
2 1/4 c. sifted all-purpose flour
1/4 t. salt
1 c. sour milk or buttermilk
1 t. vanilla
1 c. boiling water
3 level t. soda

Blend sugar, cocoa, and shortening. Add eggs and beat thoroughly. Add sifted flour and salt alternately with the sour milk. Beat well. Add the boiling water with the soda dissolved in it. (I measure boiling water into a 2 c. measurer and stir soda in while holding measurer above cake bowl.) When well mixed, add vanilla. The batter will be thin. This will make 3 9" layers or one 9"x13"x2" cake plus 12 cupcakes. This is a very light cake. Bake in 350 degree oven, layers 25-30 minutes and larger cake 40-45 minutes. When thoroughly cool, frost with either a chocolate fudge icing or your favorite icing. I like it better the second to fourth day!.

COCOA CAKE

contributor unknown

1/2 c. butter
2 eggs
2/3 c. cream
2 t. soda
1 c. boiling water
2 c. sugar
1 t. vanilla
2 c. flour
1/2 c. cocoa

Cream butter and sugar. Add eggs one at a time, beating well after each. Add cream and vanilla and mix. Add flour and soda. Make a paste by slowly adding boiling water to the cocoa. Stir into batter and pour into greased and floured pan and bake in 350 degree oven until done.

CHOCOLATE VINEGAR CAKE

Marlene Salsman
Grandview UMC

2 c. water
3/4 c. salad oil
2 T. vinegar
2 t. vanilla
1 can cherry pie filling
2 c. sugar
3 c. flour, sifted
1 t. salt
2 t. soda
6 T. cocoa

Mix water, oil, vinegar, and vanilla together and set aside. Mix sugar, flour, salt, soda, and cocoa together. Combine both mixes and fold in pie filling. Bake in 350 degree over 40 minutes. May be made without cherries, baked for 30 minutes.

CHOCOLATE SHEET CAKE

Carroll Shivers
Grandview UMC

2 c. sugar
2 c. flour
1 t. soda
1/2 t. salt
2 eggs
2 sticks margarine
4 T. cocoa
1 c. water
1 t. vanilla

Bring to a rapid boil margarine, cocoa, and water and pour over dry ingredients; stir in. Add 1/2 c. buttermilk (use 2 T. vinegar in a c. of milk as a substitute; 1/2 of it to use for the frosting), eggs, and vanilla. Beat by hand until well mixed. Will be thick and fudgy. Bake in 350 degree oven 15-20 minutes in a 10"x15"x1" pan. **FROSTING**: 1 stick margarine, 4 T. cocoa, 6 T. buttermilk, 1 lb. box powdered sugar, 1 t. vanilla, 1 c. walnuts. Bring to boil margarine, cocoa, and buttermilk; stir in powdered sugar, vanilla, and nuts. Spread while cake is still warm.

CLEVELAND CAKE

Wilma Anglemyer
Tisdale UMC

3 c. flour
1 c. shortening
2 t. soda
1 t. nutmeg
1/2 t. salt
2 c. sugar
2 c. sour milk
1/2 t. cloves
1 t. cinnamon
1 c. raisins
1 c. nuts

Mix flour, sugar, and shortening as for pie crust and take out 1/2 c. and save for topping. Add soda, salt, spices, raisins, and nuts to first mixture. Add sour milk and beat well until smooth. Put cake in greased pan. Put 1/2 c. topping over cake and bake in 350 degree oven for about 45 minutes. (Improves with age.)

CREAM CHEESE CAKE

Marilyn Miller
Tisdale UMC

1/2 c. oleo, melted
1 egg
1 yellow cake mix
1 8 oz. pkg. cream cheese, softened
2 eggs
1 c. brown sugar
1 c. powdered sugar
1 t. vanilla
1/2 t. salt

Combine melted oleo, egg, and yellow cake mix and spread in greased 9"x13" pan. Combine remaining ingredients. Smooth cream cheese mixture over cake mixture. Bake in preheated 325 degree oven 45 minutes or until light brown. Sprinkle with powdered sugar and cut into small squares.

CREAM CHEESE CAKE

Vada Holt
Prairie View UMC

1 yellow cake mix
1 stick oleo
1 8 oz. cream cheese
3 eggs
1 t. vanilla
3 1/2 c. powdered sugar

Blend cake mix, 1 egg, and oleo and pat in bottom of 9"x13" pan. Mix together vanilla, cream cheese, 2 eggs, and powdered sugar and spread over first mixture. Bake in 400 degree oven about 40 minutes.

DOODLE CAKE

Lela Bannon
Atlanta UMC

2 c. sugar
2 c. flour
2 eggs
1/4 t. salt
1 t. soda
1 No. 2 can crushed pineapple

Sift together sugar, flour, salt, and soda. Mix eggs and pineapple and add sifted ingredients. Bake in greased pan in 350 degree oven 30 minutes. ICING: 2/3 c. Eagle Brand Milk, 1 c. sugar, 1 stick margarine, 3/4 c. pecans, chopped fine, 1 c. coconut, 1 t. vanilla. Boil milk, sugar, oleo and nuts 3 minutes; add coconut and vanilla and pour over cake while hot.

DUMP CAKE

Dee Morland
Burden UMC

1 pkg. Duncan Hines Yellow Cake Mix
1 20 oz. can crushed pineapple, undrained
1 21 oz. can cherry pie filling
1 c. chopped pecans
1 stick butter or margarine, cut into thin slices

Dump undrained pineapple into 9"x13" pan; spread evenly. *Dump* in pie filling and spread evenly. *Dump* dry cake mix onto cherry layer, spread evenly. Sprinkle pecans over cake. Put butter slices on top. Bake in 350 degree oven 50-60 minutes. Serve warm or cooled.

DUMP CAKE

Nancy Kennedy
Prairie View UMC

2 c. flour
2 c. sugar
2 eggs, beaten
1/2 c. oil
1 t. salt
1 can cherry pie filling
2 t. soda
1 c. chopped nuts
2 t. cinnamon
1 t. vanilla

Put all ingredients in a mixing bowl and stir but do not beat. Pour into greased 9"x13" pan. Bake in 350 degree oven 30-40 minutes.

DUMP CAKE

Isabelle Sauer
Tisdale UMC

1 No. 2 crushed pineapple, undrained
1 can cherry pie mix
1 box yellow or white cake mix
1/2 c. chopped nuts
1 1/2 sticks oleo

Do not mix ingredients. Grease 9"x13" pan. Dump undrained pineapple and spread to corners. Dump cherry mix and even around over top. Sprinkle dry cake mix evenly. Scatter nuts over cake mix. Cut oleo in thin patties and place on top evenly. Bake in 350 degree over 1 hour or until nicely browned. Serves 15.

FRUIT PUDDING CAKE

Willa Jean Oliver
Burden UMC

1 21 oz. can apricot pie filling
3 T. oleo or butter, soft
1/2 c. sugar
1 c. sifted or stirred flour
1/2 t. salt
1 t. cinnamon
1 t. baking powder
1/2 c. milk
1 t. butter flavoring
2 T. lemon juice
3 T. sugar

Pour pie filling into a greased 10"x6"x2" baking pan or 9" round casserole. Cream together oleo and 1/2 c. sugar. Add flour, salt, and baking powder. Stir in milk and butter flavoring; mix well. Spread batter over pie filling. Drizzle lemon juice over batter. Mix sugar and cinnamon and sprinkle over batter. Bake in 350 degree oven 50-60 minutes until cake is nicely browned. Serve warm or cold, plain or with cream. Makes 6-8 servings. Can use cherry pie filling.

FRUIT COCKTAIL CAKE

Wilma Anglemyer
Tisdale UMC

1 lb. can fruit cocktail
2 eggs
2 c. flour
2 t. soda
1 1/2 c. sugar
1/2 t. salt
1/2 c. brown sugar
1/2 c. nuts
1/2 c. canned cream
1 c. sugar
1 c. coconut
1 t. vanilla
1 stick margarine

Beat eggs and fruit (juice too) together. Add flour, soda, sugar, and salt. Pour into greased 9"x13" pan. Top with brown sugar and nuts. Bake in 350 degree oven 35-45 minutes. Mix cream and sugar and boil 2 minutes. Add margarine, coconut, and vanilla; pour over hot cake. (It is best to pour around outer edge first and spread to the middle.)

FRUIT COCKTAIL CAKE (or pudding)

Vera Pearce
Atlanta UMC

1 1/2 c. flour
1 1/2 c. sugar
3/4 t. salt
1 1/2 t. soda

Sift together and add one large can fruit cocktail (do not drain). Stir and add 2 beaten eggs. Stir well and pour into greased 9"x12" pan. Sprinkle with 3/4 c. brown sugar and 3/4 c. nuts. Bake in 350 degree oven 30-35 minutes or until brown.

FRUIT COCKTAIL PUDDING CAKE

Isabelle Sauer
Tisdale UMC

1 c. all-purpose flour
1 t. soda
2 c. fruit cocktail, undrained
1/2 c. brown sugar
1 c. sugar
1/4 t. salt
1 egg, slightly beaten
1/2 c. chopped nuts

Sift flour, sugar, soda, and salt. Stir in fruit cocktail. Add egg. Pour into 8" greased baking dish. Mix brown sugar and nuts. Sprinkle over batter. Bake in 350 degree oven 40-45 minutes. Serve warm with whipped cream or ice cream. Serves 8-10.

FRUIT COCKTAIL CAKE

Sarah Jo Sympson
Tisdale UMC

1 1/2 c. sugar
2 c. fruit cocktail with juice
2 eggs
2 c. flour
1/2 t. salt
2 t. soda

Mix together and pour into well-greased 9"x13" pan. Sprinkle batter with: 1/4 c. brown sugar and 1/2 c. nuts. Bake in 350 degree oven 40 minutes. Needs no shortening. **FROSTING**: 3/4 c. sugar, 1/3 c. butter, 1/2 c. milk, vanilla, 1/2 c. coconut. Bring to a boil and boil 2 minutes. Remove from heat and add vanilla and coconut. Frost warm cake with warm icing.

GOOD EASY CAKE

Peggy Shields
Tisdale UMC

2 c. cherry pie filling
1 white or yellow cake mix
chopped nuts
1/4 stick oleo
1 c. milk

Spread filing on bottom of pan. Sprinkle cake mix over top of cherries. Pour over milk; dot with butter. Sprinkle chopped nuts. Bake 350 degree over 30 minutes or till brown.

ICE BOX GINGERBREAD

Wendy Dolsen
Atlanta/Prairie View UMC

3/4 c. melted fat
1 c. molasses
1 c. brown sugar
2 eggs, beaten
3 1/2 c. sifted flour
1 t. nutmeg
1/2 t. soda
1 c. hot water
1 t. cinnamon
2 t. baking powder
1 t. ginger

Cream fat, molasses, and brown sugar. Add eggs. Sift in dry ingredients. Add hot water (in which the soda has been dissolved). Store in refrigerator. Bake as needed.

THE YEAR-AROUND-FRUIT CAKE

Vera Pearce
Atlanta UMC

2 lb. whole dates
1 lb. pecans, whole
1 c. sugar
1/2 lb. candied cherries
1/2 lb. candied pineapple
2 t. vanilla
1 lb. white raisins
1 c. flour
2 t. baking powder
1/2 t. salt
5 eggs

Mix flour, baking powder, salt, and sugar in large mixing bowl. Add fruit and mix in the flour mixture. Let set 1/2 hour. Add the beaten eggs and vanilla; mix well. Pour in 9" or 10" tube pan, or 2 loaf pans that have been oiled and lined with brown paper. Bake in 250 degree oven 2 hours. Let stand in pan for at least 10 minutes. Cool; then wrap in Saran Wrap or put in Ziploc bags. Stores and ages well when kept in airtight container.

HARLEY'S FRUIT CAKE

Barbara Parsons
friend of Parish

1 lb. pitted dates, unchopped (3 c.)
1/2 lb. walnuts or pecans, unchopped
1 8 oz. jar maraschino cherries, drained, unchopped
4 eggs, well beaten
1 c. flour
3/4 c. sugar
1/2 t. baking powder
1/4 t. salt

Grease loaf pan and line with waxed paper. In large bowl combine flour, sugar, baking powder, and salt; stir to mix. Add dates, nuts, and cherries; stir to coat fruits and nuts. Add beaten eggs and stir until thoroughly blended. Turn into prepared pan. Bake in 300 degree oven 1 1/2 hour or 250 degree oven 2 hours. Cool in pan, on rack, until warm. Remove loaf from pan and remove waxed paper from loaf. Wrap and store overnight or chill before slicing. Foil-wrapped loaf may be stored in refrigerator or frozen. Makes 10-12 servings.

GOLDEN LOAF CAKE

Lela Bannon
Atlanta UMC

1 pkg. yellow cake mix
1 3 oz. pkg. orange flavored gelatin
3/4 c. apricot nectar
4 eggs, separated
1 t. lemon extract

Combine cake mix, gelatin, and nectar; mix well; add egg yolks, one at a time, beating after each addition. Add lemon extract. Beat egg whites stiff but not dry; fold in. Spoon into 2 greased and floured loaf pans 9"x5"x3". Bake in 325 degree oven 40 minutes or until tests done.

GRAHAM CRACKER BUNDT CAKE

Phyllis Perrigo
Burden UMC

1 c. butter, softened
1 13 1/2 oz. box graham cracker crumbs
1 7 oz. bag flaked coconut
5 eggs
2 c. sugar
2 t. baking powder
2 t. vanilla

Preheat oven to 350 degrees. Cream butter, then add sugar and baking powder; mix well. Add eggs, one at a time, beating well after each addition. Mix in remaining ingredients. If batter becomes too thick, add a few drops of milk. Pour into a greased and floured bundt pan. Bake 45 minutes. Serve this moist, heavy cake with whipped cream.

HAWAIIAN PINEAPPLE POKE CAKE

Hazel Spengler
frient of Parish

1 pkg. yellow cake mix
1 20 oz. can crushed pineapple, (drained)

TOPPING I
1 8 oz. pkg. cream cheese, softened
1 sm. box instant vanilla pudding mix
1 c. cold milk

TOPPING II
2 c. Cool Whip or whipped topping
coconut or chopped nuts

Bake cake according to directions using a 9"x13" pan. Cool cake thoroughly. Punch large holes over top of cake using handle of wooden spoon. Pour the drained pineapple over the top and spread to cover. Some will go in the holes which is okay. Combine cream cheese, pudding mix and milk and beat until thick enough to spread over the pineapple. Then spread the whipped topping over all and sprinkle with coconut or nuts.

For every minute you are angry you loose sixty seconds of happiness.

INSPIRATION CAKE

Lela Bannon
Atlanta UMC

1 c. finely chopped nuts
2 oz. sweet or semi chocolate, grated
2 1/2 c. sifted flour
2/3 c. egg whites, unbeaten (4-5)
1/2 t. salt
1 1/2 c. sugar
2/3 c. Crisco Shortening
4 1/2 t. baking powder

Place nuts evenly over bottom of greased and floured pan. Sift dry ingredients into mixing bowl; add Crisco, milk, and vanilla. Beat 1 1/2 minutes on low or until well blended, then beat 1 1/2 minutes on medium speed; add egg whites and beat 1 1/2 minutes. Dot 1/2 batter over nuts so as not to disturb distribution of nuts. Sprinkle grated chocolate over batter. Spoon remaining batter into pan, spreading carefully so chocolate is not disturbed. Bake in 350 degree oven 35-40 minutes.

LAZY DAISY CAKE

Twila Archer
Tisdale UMC

2 eggs, well beaten
1 c. flour
1 t. baking powder
1 T. oleo
1 c. sugar
1/4 t. salt
1/2 c. milk, scalded
vanilla

Gradually add sugar to beaten eggs and beat well. Mix together flour, salt, and baking powder and add to egg mixture. Scald milk and add oleo. Pour into batter, beating to prevent milk from baking. Add vanilla. Bake in 325 degree oven 30-40 minutes. After baking add topping. **TOPPING**: 6 T. oleo, 9 T. brown sugar, 1/2 c. coconut or a little more. Return to oven for a few minutes. Makes a 8"x8" cake.

LEMON CAKE

Imogene Hamlin
Grandview UMC

4 eggs beaten
1 pkg. white cake mix
1 c. hot water
3/4 c. Wesson oil
1 pkg. lemon Jello

Mix Jello with hot water. Cool. Mix together cake mix, eggs, and oil; add lemon Jello. Bake in moderate oven until done. Ice with smooth butter frosting.

When you can think of yesterday without regret
and tomorrow without fear,
then you are really quite near to contentment.

LEMON CAKE

Betty Hamm
Tisdale UMC

1 pkg. lemon cake mix
1 sm. pkg. instant lemon pudding
4 eggs
3/4 c. salad oil
3/4 c. water

Combine in mixer bowl; beat 2-3 minutes. Pour into prepared 9"x13" pan. Bake in 350 degree oven 30-35 minutes. When cake is done, poke holes in top with fork and pour sauce over top. Cover immediately with foil. **SAUCE**: 1 1/2 c. powdered sugar, 2 T. melted butter, juice of one lemon, 1 T. water.

LEMON BUNDT CAKE

Wilma Anglemyer
Tisdale UMC

1 3 oz. pkg. Jello Lemon Pie Filling
1 c. apricot nectar
1 box lemon supreme cake mix
4 eggs
3/4 c. oil

Mix all together and beat for 2 minutes. Pour in bundt pan. Put in cold oven at 300 degrees 50-60 minutes. **GLAZE**: 3/4 c. powdered sugar and lemon juice. Pour over cake as soon as it is turned out of the pan.

OATMEAL CAKE

Isabelle Sauer
Tisdale UMC

1 c. quick oats
1 stick oleo
1 c. brown sugar
1 c. white sugar
2 eggs
1 1/2 c. boiling water
1 1/2 c. flour
1 t. cinnamon
1 t. soda
1 t. vanilla

Combine oats, oleo, and boiling water and add sugars, eggs, flour, cinnamon, soda, and vanilla. Bake in 350 degree oven 30 minutes. **TOPPING**: 1 c. brown sugar, 1/4 c. milk, 1 c. coconut, 1 c. nuts. Mix together and pour over cake after it is baked. Then put under broiler until toasted.

Now there is a new diet that includes tranquilizers.

You don't lose much weight–and you really don't care.

OATMEAL CAKE

Helen Houghton
Tisdale UMC

1 1/2 c. quick oats
1 1/2 c. granulated sugar
3/4 c. Crisco Shortening
1 t. vanilla
1 1/2 t. soda
1 1/2 t. baking powder
2 c. hot water
1 1/2 c. brown sugar
3 eggs
2 c. flour
1/2 t. salt
1 1/2 t. cinnamon

Mix and let stand: quick oats and hot water. Cream granulated sugar,brown sugar,Crisco, and eggs; add vanilla. Sift together flour, soda, salt, baking powder, and cinnamon. Mix alternately oatmeal mix, sugar mixture, and flour mixture. Pour into greased 9"x13" pan and bake in 350 degree oven 40-45 minutes. Frost. **FROSTING**: 1 c. evaporated milk, 1 c. sugar, 3 egg yolks, beaten slightly, 1 stick margarine, 1 t. vanilla, 1 1/3 c. flaked coconut, 1 c. nutmeats. Mix milk, sugar, and egg yolks; add margarine and vanilla and cook in heavy pan over medium heat for about 12 minutes or until thickened. Stir constantly as it cooks. Add flaked coconut and nutmeats. Beat until cool; spread on cake. Will remain slightly sticky. Serve when cool.

NANCY WITMER'S PINEAPPLE CAKE

Cathy Hamlin
Grandview UMC

1 1/2 c. sugar
1 t. soda
2 eggs
2 c. crushed pineapple, undrained
2 c. flour
1/2 t. salt
1/2 c. brown sugar
1/2 c. chopped nuts

Mix by hand sugar, flour, soda, and salt. Stir in: eggs and crushed pineapple, undrained. Pour into 9""x13" pan and sprinkle with brown sugar and chopped nuts. Bake in 350 degree oven 30 minutes. Prepare following sauce and pour over warm cake. **SAUCE**: 1 1/2 sticks oleo, 1 c. evaporated milk, 1 t. vanilla, 1 c. sugar. While cake is baking, mix above ingredients in saucepan and boil 6 minutes, stirring well. Let cool 2 minutes. Punch holes in warm cake with fork and pour sauce over top. Rich, moist and good!

Other books were given to us for information,

but the Bible was given to us for transformation!

PUMPKIN CAKE (1967)

Edna Hollingsworth
Atlanta UMC

2 c. cake flour
2 t. baking powder
3 t. pumpkin pie spice
1 lb. can pumpkin
1/2 c. chopped nuts
1 t. salt
1 1/2 t. soda
4 eggs
2 t. vanilla

Sift together cake flour, salt, baking powder, soda, and pumpkin pie spice. Add eggs, one at a time, beat well. Fold in dry ingredients, beat hard 2 minutes. Fold in pumpkin, vanilla, and chopped nuts. Makes 2 layers or 9"x13". Bake in 350 degree oven 30-35 minutes. Serve with whipped cream or soft ice cream. May ice with 1/2 c. oleo, 1 box powdered sugar, and 1 oz. cream cheese.

MISSISSIPPI MUD CAKE

Dorothy Shannon
Atlanta UMC

2 sticks margarine
4 eggs
2 c. sugar
1 sm. can angel flake coconut
1 1/2 c. chopped nuts
2 heaping T. cocoa
1 t. vanilla
1 1/2 c. flour

Sift cocoa and flour together. Cream margarine and sugar; add eggs, flour mixture, coconut, vanilla, and nuts. Bake in 9"x13" pan in 325 degree oven 30 minutes or until done. While hot spread 7 oz. jar of marshmallow cream over cake and let it set up. Frost. **FROSTING**: Bring to boil 1/2 c. margarine, 6 T. milk and 1/3 c. cocoa, then beat in 1 box of powdered sugar; add 1 t. vanilla.

MISSISSIPPI MUD CAKE

Hazel Spengler
friend of Parish

2 sticks oleo
2 c. sugar
4 eggs
1 1/2 c. flour
dash salt
1/2 c. cocoa
1 1/2 c. pecans
1 pkg. miniature marshmallows

Mix all ingredients together. Bake in 350 degree oven 35 minutes. Remove from oven and spread marshmallows over hot cake, then when cool frost with the following. **FROSTING**: 1 lb. powdered sugar, 1/2 stick oleo, 1/3 c. cocoa, 1/2 c. milk, 1 t. vanilla.

The Christmas season reminds us that a demonstration of religion is often better than a definition of it.

POOR MAN'S CAKE

Edna Hollingsworth
Atlanta UMC

1 c. cooked raisins
(use water off raisins in cake)
3 soup spoons cooking oil
1 t. cinnamon
1 egg
1 c. sugar
pinch of salt
1 1/2 c. flour
1 t. soda
1/2 c. granola

Bake in moderate oven 40-45 minutes.

POPPY SEED LOAF CAKE

Leona Skelton
Tisdale UMC

1 yellow cake mix
1 c. boiling water
4 eggs
1 box vanilla instant pudding
1/3 c. poppy seed

Put cake mix, pudding, and poppy seeds in bowl and add boiling water; beat; add eggs one at a time. Makes 2 5"x9" loaves. Bake in 350 degree oven 45 minutes.

POUND CAKE (reduced calorie)

Allene Archer
Tisdale UMC

vegetable cooking spray
1 t. cake flour
2 1/2 c. sifted cake flour
1 8 oz. carton low fat vanilla yogurt
1/2 c. margarine, softened
3 egg whites or 1/2 c. frozen egg substitute, thawed
1 T. vanilla extract
1 t. almond extract
3/4 t. baking soda
1/4 t. salt
2/3 c. sugar

Coat bottom and sides of a 9"x5"x3" loaf pan with cooking spray; dust with 1 t. flour, and set aside. Cream sugar and margarine at medium speed of an electric mixer until light and fluffy. Add egg whites; beat 4 minutes at medium speed or until well blended. Add vanilla and almond extracts; beat at low speed until well blended. Combine remaining 2 1/2 c. flour, baking soda, and salt. With mixer running at low speed, add to creamed mixture alternately with yogurt - beginning and ending with the flour mixture. Pour batter into prepared pan. Bake in 350 degree oven 65 minutes or until a wooden pick inserted in the center comes out clean. Cool in the pan 10 minutes; remove from pan, and cool on a wire rack. Serve plain or topped with fruit. Yield: 16 servings. About 157 calories per 1/2" slice.

THOSE WHO HAVE A RIGHT TO BOAST DON'T NEED TO.

RAISIN CAKE
(eggless, milkless, butterless)

Lela Bannon
Atlanta UMC

2 c. seedless raisins
1 c. brown sugar
1/3 c. lard or shortening
1 c. water
1/2 t. salt
1 t. soda
2 c. flour
1 t. cinnamon
1/2 t. cloves
1/2 t. nutmeg
1/2 t. baking powder
1 t. vanilla

Combine raisins, sugar, and shortening and boil 3 minutes; cool. Sift together dry ingredients except soda; dissolve soda in 2 t. hot water and add to cooled mixture; beat well. Add dry ingredients; mix thoroughly; add vanilla. Turn into an oiled and floured loaf cake pan and bake in 350 degree oven 40 minutes.

RAISIN CAKE
(eggless, milkless, butterless)

Grace Morgan
Prairie View UMC

2 c. brown sugar
2 t. cinnamon
1 t. cloves
1 c. Crisco Shortening
2 c. raisins
1 t. nutmeg
a little salt
2 c. boiling water

Mix above ingredients and boil 2 minutes. Set aside to cool, then add 2 t. baking soda (level measure) to dissolve in about 2 T. warm water and add to cool raisin mixture; add 3 1/3 c. flour and mix well. Bake in layers or 9"x13"x2" pan in 325 degree oven until toothpick comes out clean. There may be a crumb on the toothpick as the cake will be very moist. You will have to judge as to cake doneness.

RAISIN FRUIT CAKE

Willa Jean Oliver
Burden UMC

1 lb. raisins
2 c. cold water
2 c. sugar
2 T. oleo
3 c. flour
1 c. pecans
1 t. cinnamon
1/2 t. nutmeg
1/4 t. salt
1 egg
1 t. soda

Mix raisins, water, sugar, oleo, cinnamon, nutmeg, and salt and boil 5 minutes, then add egg. Add flour and soda melted in a little hot water. Add pecans and bake in greased 9"x13" cake pan in 350 degree oven 40-60 minutes. Can use a bundt pan. This recipe was given to my Grandmother Brewer from a friend of hers from Pennsylvania. I got this in 1967.

RHUBARB CAKE

Ruth Ann Smith
Tisdale UMC

1 1/2 c. brown sugar
1 c. buttermilk
1 egg
1 t. soda
1/2 c. butter
2 c. chopped rhubarb
2 c. flour

Cream shortening and sugar; add egg; beat well. Add flour and soda alternately with buttermilk. Fold in rhubarb. Pour batter into 9"x13" pan and sprinkle top with 1/2 c. sugar mixed with 3 t. cinnamon. Bake in 350 degree oven 30 minutes. Serve with whipped cream or Cool Whip. Very good warm!

SNICKER CAKE

Sue Simmons, Tisdale UMC
Dee Morland, Burden UMC

1 German chocolate cake mix
1 pkg. Kraft Caramels
1 stick butter
1/3 c. milk
3/4 c. nuts
3/4 c. chocolate chips

Mix cake as directed and pour half of batter in greased 9"x13" cake pan. Bake in 350 degree oven 20 minutes. Melt caramels with butter and milk over double boiler. Pour over baked cake, then sprinkle with chocolate chips and nuts. Put remaining cake batter on top and bake in 250 degree oven 20 minutes, then 10 minutes longer at 350 degrees or until cake springs back when touched. Add chips on top of hot cake to melt. Dee noted that this cake does not really need frosting because it is so rich; but if desired, frost with powdered sugar or chocolate frosting.

STRAWBERRY SHORT-CUT CAKE

Amy Salsman
Grandview UMC

1 white or yellow cake mix, 2-layer
2 eggs
1 20 oz. bag frozen strawberries
1 c. water
1 1/2 c. miniature marshmallows
2 pkg. strawberry gelatin

Combine cake mix, water, and eggs and mix according to package directions. Grease 9"x13" glass pan and spread marshmallows. Pour prepared cake mix over marshmallows. Combine strawberries and dry gelatin. Arrange over cake batter. Bake in 325 degree oven 40-45 minutes. (350 degrees if metal pan.) Makes 12-15 servings.

There is no limit to the amount of good we can do,
if we don't mind who gets the credit.

TURTLE CAKE

Willa Jean Oliver
Burden UMC

1 pkg. German chocolate cake mix (without pudding mix)
14 oz. Kraft Caramels
1/2 c. evaporated milk
3/4 c. melted oleo
3/4 c. evaporated milk
1 c. pecans
chocolate chips

Melt together caramels and 1/2 c. evaporated milk. Mix cake mix, melted oleo and 3/4 c. evaporated milk well. Batter will be thick. Pour 1/2 of batter into greased 9"x13" pan and bake in 350 degree oven for 15 minutes. Remove from oven and pour caramel and milk mixture over cake. Spread pecans and chocolate chips over caramel mixture. Spoon remaining batter over all and spread best as possible. Will look odd. Bake for 15 minutes. Let cool completely before serving. When I found this recipe, it didn't tell how much chocolate chips to use; I just put on what looks good to me.

UGLY DUCKLING CAKE

Phyllis Brothers
Tisdale UMC

1 yellow cake mix
1 can fruit cocktail
2 eggs
1/2 c. brown sugar
1/3 c. coconut

Mix together cake mix, fruit cocktail, eggs, and coconut. Beat 2 minutes at medium speed. Pour into greased 9"x13" pan and sprinkle brown sugar over batter. Bake in 325 degree oven 45 minutes. While cake is baking, prepare topping and pour over hot cake. **TOPPING**: 1 stick oleo, 1/2 c. evaporated milk, 1/2 c. sugar, 1 c. coconut. Bring oleo, sugar, and evaporated milk to a boil for 2 minutes. Add coconut and pour over cake.

VENITA'S BERRY CAKE

Marjorie Kadau
Tisdale UMC

1/4 c. oleo
1/2 c. sugar
1/8 t. salt
1 c. flour
2 t. baking powder
1/2 c. milk

Pour batter in 8"x8" pan, cover with any berries or fruit (1 quart) and bake in 375 degree oven 45 minutes.

YOU CANNOT HAVE FAITH IN THE BIBLE

UNLESS YOU KNOW WHAT'S IN IT.

WACKY CAKE

Mildred Wesbrook, Tisdale UMC
Sarah Jo Sympson, Tisdale UMC
Ruth Miller, Tisdale UMC

3 c. flour
2 c. sugar
1/2 t. salt
3/4 c. salad oil
2 t. vanilla
6 T. cocoa
2 t. soda
2 c. water
2 T. vinegar

Sift together flour, sugar, cocoa, soda, and salt in bowl. In another bowl mix water, vinegar, oil, and vanilla. Blend and add to dry mixture. Bake in greased 9"x13" pan in 350 degree oven 35-45 minutes. Frost with your favorite chocolate frosting. This has a good flavor. Sarah Jo uses the following frosting while the cake is hot. **FROSTING**: 1 c. sugar, 1/4 c. milk, 1/4 c. cocoa, 1/4 c. butter, 1 t. vanilla. Bring to a rolling boil and boil 1 minute. Beat until glossy and pour on hot cake.

WACKY CAKE

Edna DeWitt, Grandview UMC
Pearl Ruggles, Tisdale UMC

1 1/2 c. flour
3 T. cocoa
1/2 t. salt
1 T. vinegar
1 t. vanilla
1 c. sugar
1 t. soda
1 c. water
1/2 c. salad oil or melted oleo

Sift together in bowl flour, cocoa, salt, sugar, and soda and add water, oil, vinegar, and vanilla. Beat well with spoon; will be thin batter. Pour into ungreased 8"x8" cake pan and bake in 350 degree oven 25-30 minutes or until tests done with toothpick. Can be doubled very easily for larger cake. It is very moist and rich and keeps well. May be frozen.

ZUCCHINI CAKE

Ruth Ann Smith
Tisdale UMC

2 c. flour
1 T. cinnamon
1 t. baking powder
1 c. oil
3 eggs
1 c. raisins
2 c. sugar
2 t. baking soda
1 t. salt
2 t. vanilla
2 c. grated unpeeled zucchini
1 1/2 c. chopped nuts, divided

In large bowl of mixer combine flour, sugar, cinnamon, soda, baking powder, salt, oil, vanilla, and eggs. Beat at medium speed until well mixed. Stir in zucchini, raisins, and 1 c. nuts. Pour into greased 9"x13" pan; sprinkle with remaining 1/2 c. nuts. Bake in 350 degree oven 50 minutes or until pick inserted in center comes out clean. Good with cream cheese frosting.

FROSTINGS

BEAT AND EAT FROSTING

Betty Ankrom
Atlanta UMC

1 egg white
1/4 t. cream of tartar
1/2 c. sugar
1 t. vanilla

Mix together and add 1/4 c. boiling water. Beat until it stands in peaks. This will frost 2 layers or a 9"x13" cake.

FLUFFY WHITE FROSTING

Ruth Ann Smith
Tisdale UMC

3/4 c. sugar
2 egg whites
1/4 t. cream of tartar
1/4 c. light corn syrup
2 T. water

Combine above ingredients in top of double boiler and beat over rapidly boiling water with electric mixer until peaks form when beaters are raised. Remove from heat. Beat in 1 t. flavoring; vanilla, maple or almond. Frosts 2 8"-9" layers. Is especially good on chocolate cake or angel food cake. For larger cake, use 3 egg whites, 1 c. sugar, 3 T. water and 1 1/4 t. flavoring.

HARVEST MOON FROSTING

Ruth Ann Smith
Tisdale UMC

Combine in double boiler 3 egg whites, 1 1/2 c. brown sugar, firmly packed, dash of salt, and 6 T. water. Beat well; place over rapidly boiling water. Cook 7 minutes, beating constantly, or until frosting will stand in peaks. Remove from boiling water; add 1 t. vanilla. Beat until thick enough to spread. Makes enough frosting for a 3-layer cake. Good with spice cake.

CARAMEL FROSTING

Imogene Hamlin
(from my sister Venetta Martin)
Grandview UMC

Melt 1/2 c. butter or oleo; add 1 c. firmly packed brown sugar. Cook over low heat 2 minutes, stirring constantly. Add 1/4 c. milk and continue to cook and stir until mixture comes to a boil. Remove from heat; cool; add powdered sugar gradually until of right consistency to spread (use 1 3/4 - 2 c. sugar).

CHOCOLATE FROSTING

Gretchen Conway
Burden UMC

1 stick oleo
5 T. milk
1 box powdered sugar
4 T. cocoa
1 t. vanilla
1 c. nuts (optional)

Bring to boil oleo, cocoa, and milk; remove from heat and add vanilla, nuts, and powdered sugar. Beat well until smooth and spread over hot cake.

CHOCOLATE FROSTING

Grace Morgan
Prairie View UMC

2 c. powdered sugar
1/2 t. vanilla
2 T. cocoa
1 egg

Beat until fluffy and ice cake.

SMOOTH BUTTER FROSTING

Imogene Hamlin
Grandview UMC

1 envelope Dream Whip Topping Mix
1/3 c. cold milk
1 t. vanilla
1 lb. unsifted powdered sugar
2 T. milk
3 T. butter, softened

Combine topping mix, 1/3 c. cold milk, and the vanilla in a large bowl; add about half of the powdered sugar; blend well. Then whip at high speed until mixture thickens, about 2 minutes. Alternately beat in remaining sugar and 2 T. milk at medium speed, blending well after each addition. Beat in butter, 1 T. at a time. Makes about 2 3/4 c. For chocolate frosting, prepare frosting blending in 1/4 c. cocoa after adding butter.

LAZY DAISY FROSTING (broiled frosting)

Lela Bannon
Atlanta UMC

1/4 c. margarine, melted
3 T. cream or condensed milk
3/4 c. shredded coconut
1/2 c. firmly packed brown sugar
1/3 c. chopped nuts

Combine all ingredients, mixing well. Spread evenly over cake (warm or cold). Broil until frosting becomes bubbly and slightly brown, about 2-3 minutes, 2-2 1/2" from flame.

Here's how to succeed–
do the best you can, where you are, with what you have.

QUICK ICING

Lela Bannon
Atlanta UMC

2/3 c. brown sugar
1 T. peanut butter
sweet or sour cream, enough to moisten

Mix together and spread on cake or soon as it is taken from the oven, as heat sets the icing.

QUICK FROSTING

Lela Bannon
Atlanta UMC

1 8 oz. carton Cool Whip
1 pkg. Jello (dry), any flavor

Mix and frost cake. Lemon goes great with butter cake; strawberry with angel food.

CREAM FILLING

Ruth Ann Smith
Tisdale UMC

2 T. flour
1/2 c. milk
1/4 c. vegetable shortening
1/4 c. butter or margarine, soft
1/2 c. granulated sugar
1 t. vanilla

Mix flour and milk in saucepan; cook until thickened, stirring constantly; cool. Beat in mixing bowl 4 minutes the shortening, butter, sugar, and vanilla. Add cooled flour-milk mixture and beat 4 more minutes. This filling has the consistency and taste of rich whipped cream, but won't wilt. With a long bread knife, cut a 9"x13" layer cake into 2 layers. Remove top layer and spread about 1/4-1/2 inch of the cream filling on bottom part. Replace top. Can be frozen. This is like the inside of twinkies, only better!

COOKIES

CARROT COOKIES

Edna DeWitt
Grandview UMC

3/4 c. shortening
1 c. sugar
1 egg
1 c. mashed cooked carrots
1/2 t. vanilla
2 c. flour
2 t. baking powder
1/4 t. salt
1 grated orange rind
1/2 t. lemon extract

Cream shortening and sugar; add egg, carrots, flavorings, and orange rind; add dry ingredients and blend well. Drop by teaspoonsful on greased cookie sheet. Bake in 350 degree oven 10-15 minutes or until golden brown. If you like, frost with 1 T. melted butter, 1/2 t. lemon extract, juice of orange, and grated rind mixed with powdered sugar.

CHINESE COOKIES

Lela Bannon
Atlanta UMC

2 c. flour
1 c. butter, softened
1 t. vanilla
1/2 c. sugar
1/2 t. salt (can be omitted)
almonds

Will be a stiff dough. Break off pieces and roll in a ball in the palm of your hand. Flatten down with fingers on greased cookie sheet until pretty thin. Place an almond in the center. Bake carefully in about 350 degree oven until slightly tan. This is an old recipe from childhood. Mom always used butter that had gotten too strong for the table use.

CHOCOLATE STAR COOKIES

Pauline Jones
Prairie View UMC

1/2 c. shortening
1/2 c. peanut butter
1 egg
1 3/4 c. flour
chocolate star candy
1/2 c. white sugar
1/2 c. brown sugar
1 t. vanilla
1 t. soda

Cream shortening, sugars, and peanut butter; add egg and vanilla; add flour and soda and mix well. Can chill. Form into balls the size of small walnuts and bake in 350 degree oven 10 minutes. Add stars and return to oven 3-5 minutes. Makes 45-50 cookies.

CHOCOLATE CRACKLES

Janet Holt
Prairie View UMC

4 squares unsweetened chocolate (4 oz.)
2 c. sugar
2 c. flour
2 t. baking powder
4 eggs
1/2 c. cooking oil
2 t. vanilla
1/2 t. salt
1/2 c. nuts, opt.

Melt chocolate. Blend in oil and sugar; add eggs, one at a time. Add other ingredients. Add nuts last. Chill dough in refrigerator overnight. Roll about a teaspoon of dough into a ball, then roll in powdered sugar. Place on cookie sheet, but do not flatten. Bake in 350 degree oven 12-15 minutes. This make about 6 dozen 2" cookies.

Your faith gets a real test when you find yourself in church with nothing less than a twenty dollar bill in your wallet and the offering plate is coming.

GRANDMA'S COCOA COOKIES

Allene Archer
Tisdale UMC

1/2 c. shortening
1/2 t. salt
1/8 t. soda
1 t. vanilla
1 c. sugar
1 egg, well beaten
1/2 c. cocoa (or less if desired)
2 1/2 c. flour, approx.
2 t. baking powder
1/2 c. milk

Combine shortening, salt, soda, vanilla, and sugar and mix well; add well beaten egg and mix well. Combine flour, cocoa, and baking powder and add alternately with milk to first mixture. Keep dough as soft as can be handled. Roll out to about 1/4" for a medium-thick, cake-like cooky. Bake in 350-375 degree oven 10-12 minutes. Cool on rack and ice with powder sugar icing. Makes about 2-2 1/2 dozen 3" cookies. My Grandmother Allen made huge double batches for our annual Thanksgiving to please the grandchildren and great grandchildren. She usually colored the icing pink.

MRS. JOE SHORTER'S COCONUT COOKIES

Nita Wilson
Tisdale UMC

2 c. sugar
1 c. shortening
3 eggs
3 c. flour
1 t. baking powder
1 c. coconut
1/2 t. nutmeg
1 t. vanilla
salt
1 t. baking soda

Cream together sugar, shortening, and eggs; add remaining ingredients; drop by spoonful on a greased cookie sheet and bake in 350 degree oven 10-12 minutes or until done.

COCONUT CHERRY DROPS

Peggy Shields
Tisdale UMC

1 1/4 c. flour
1/2 t. salt
1/2 c. sugar
1 egg
1/4 c. chopped maraschino cherries
1/2 t. baking powder
1 stick oleo
1/2 t. almond extract
1 c. coconut
1/2 c. chopped pecans

Combine all ingredients, except coconut, cherries (drained) and pecans, and mix well, then stir in the remaining ingredients. Drop by teaspoonsful onto greased cookie sheet and bake in 350 degree oven 10-12 minutes.

Some carve out a future,
while others just whittle away the time.

CREAM CHEESE COOKIES

Bob Tatum
Burden UMC

1 c. butter, softened
2 c. sugar
1 c. chopped pecans
8 oz. cream cheese, softened
2 c. all-purpose flour

Cream butter and cream cheese; gradually add sugar, beating until light and fluffy. Add flour and beat well. Stir in chopped pecans. Shape dough in 1" balls; put on ungreased cookie sheet. Dip bottom of glass in water and gently press each cookie until 2" in diameter. Bake in 375 degree oven 12-13 minutes. Cool 2-3 minutes on cookie sheet before removing to cooling rack. Yield: 4-5 dozen.

DATE COOKIE WITH FILLING

Pauline Jones
Prairie View UMC

1 c. brown sugar
1 c. butter
3 1/2 c. flour
1 t. cinnamon
1 c. white sugar
3 eggs, well beaten
1 t. soda
1/4 t. salt

Cream sugar and shortening; add beaten eggs and beat again. Sift dry ingredients together; add to other mixture. If dough doesn't seem stiff enough to work with, add a little more flour. Roll dough out to 1/4" thick and spread with following filling:

1 lb. dates, cut fine
1/2 c. sugar
1/2 c. water
1 c. nutmeats

Cook above ingredients, except nutmeats, until the dates have "melted". Take from heat and add nutmeats. Cool. Spread on dough and roll like jelly roll. Chill in refrigerator for at least 3 hours. Cut in thin slices and bake in hot oven until brown. Divide into two portions. This cookie recipe was used by Martha Loudenback of Winfield, a school teacher of many years, and my aunt Gussie Kennedy. I have eaten this many times at my Aunt Gussie's.

"DAINTIES" MERINGUE COOKIES

Martha Bland
Grandview UMC

3 egg whites
1 c. sugar
small container orange peel
1 c. coconut
1/2 c. pecans

Beat egg whites till stiff, gradually add sugar, then remaining ingredients. Bake on foil in 350 degree preheated oven about 12 minutes. Cool before removing from foil.

DATE ROLL COOKIES

Vera Pearce
Atlanta UMC

1/2 c. butter
1/2 c. white sugar
1/2 c. brown sugar, firmly packed
2 c. flour
1/2 t. soda
1 egg

Mix butter, sugar, and beaten egg until creamy; add dry ingredients and mix well. Chill dough a short time. Roll out between wax paper, then spread with date filling; roll up like a jelly roll, wrap in waxed paper and store in refrigerator. Bake when desired in 350 degree oven 10-12 minutes. Makes two rolls. **FILLING**: 25 dates, cut in pieces, 1/2 c. sugar, 1/2 c. chopped nuts, 1/3 c. water, 1 t. lemon juice. Cook over low heat until thick and dates are dissolved. Cool; spread on dough and roll.

MERINGUE TEASERS
FORGOTTON COOKIES

Rose Marie Watt, Grandview UMC
Isabelle Sauer, Tisdale UMC

2 egg whites, slightly beaten
6 oz. semisweet chocolate pieces
1 t. vanilla
pinch of salt
2/3 c. sugar
1 c. chopped nuts, opt.

Preheat oven to 350 degrees. Cover cookie sheets with aluminum foil. Beat egg whites in small bowl until foamy; gradually beat in sugar until meringue forms stiff peaks. Add vanilla and salt; stir in chocolate pieces and nuts. Drop meringue by teaspoonsful onto prepared cookie sheets. Garnish each with a chocolate piece, if desired. Place in oven; turn oven off. Do not open oven for at least 6 hours or overnight.

AUNT REBA'S DATE NUT COOKIES

Lois Starkey
Burden UMC

1 c. shortening
1 t. vanilla
3/4 t. baking powder
3/4 t. soda
5 T. milk
1 c. chopped nuts
1 t. salt
1 1/2 c. sugar
2 eggs, well beaten
3 1/2 c. flour
2 c. chopped dates

Cream shortening, vanilla, salt, and sugar; add eggs; add milk; add sifted flour, baking powder, and soda. Add dates and nuts. Bake in 350 degree oven 12-15 minutes. Sometimes I add 1/2 c. finely chopped apples or 4 oz. chopped maraschino cherries.

GIRL SCOUT COOKIES

Isabelle Sauer
Tisdale UMC

1 lb. chocolate bark
1 18 oz. jar peanut butter
1 lg. box round buttery crackers

Melt chocolate in double boiler. Put peanut butter (generous amount) on one cracker; put second cracker on top of peanut butter (it looks like a sandwich cookie). Dip cookie in chocolate bark. Put cookie on wax paper till dry. Repeat for each cookie. You can also put cookies in freezer to set them quickly. Makes 3-4 dozen. Mint patty variation: Add 1 1/2-2 t. mint flavoring to melted chocolate.

HARVEST COOKIES

Marjorie Kadau
Tisdale UMC

1 c. shortening
1 c. white sugar
1 c. brown sugar, packed
2 eggs
1 t. vanilla
2 c. flour
1 t. soda
1/2 t. baking powder
1/4 t. salt
4 c. wheat flakes cereal, crushed before measuring
1 c. coconut

Cream shortening and sugars. Add eggs and vanilla and beat well. Sift together flour, soda, baking powder, and salt. Stir into creamed mixture, then stir in cereal and coconut; dough will be stiff. Shape dough by rounded teaspoonfuls. Place 2" apart on ungreased cookie sheets. Bake in preheated 375 degree oven until set, 9-11 minutes; cookies will not be well browned. Cool on cookie sheets about 3 minutes before removing. Makes about 6 dozen cookies.

ICE BOX COOKIES

Elizabeth Magnusson
Grandview UMC

1 c. Crisco Shortening
2 eggs
3 c. flour
1/2 t. vanilla
2 c. brown sugar (or 1 c. brown & 1 c. white)
1 c. chopped pecans
pinch of salt

Make up into rolls and leave in refrigerator overnight or until ready to use. Slice and bake in 375 degree oven.

We may not be responsible for many of the things that happen to us, but we are always responsible for the way we respond when they do.

LEMON ICE BOX COOKIES

Wendy Dolsen
Atlanta/Prairie View UMC

1 c. oleo
1/2 c. sugar
1 T. grated lemon rind
1/4 t. soda
1/4 t. salt
1/2 c. brown sugar
1 egg, well beaten
2 T. lemon juice
2 c. sifted all-purpose flour
1/2 c. chopped nuts

Bake in 400 degree oven 10-12 minutes. Makes approximately 4 1/2 dozen.

LEMON COOKIES

Martha Bland
Grandview UMC

1 c. white sugar
1 c. powdered sugar
2 sticks oleo
1 c. cooking oil
2 eggs
1 t. lemon flavor
4 1/2 c. flour
1 t. soda
1 t. cream of tartar
pinch of salt

Mix in order given. Roll into balls and place on cookie sheet. Press down with bottom of glass. Bake in 350 degree oven. Makes a big batch. Frost if desired.

CHOCOLATE NO BAKE COOKIES

Cathy Hamlin
Grandview UMC

(Ruth Finley's recipe)

1 stick oleo
2 c. sugar
1/2 c. cocoa
1 T. peanut butter
1/2 c. milk
1/4 t. salt
3 c. rolled oats
1/2 t. vanilla

Combine oleo, sugar, cocoa, milk, and salt in large skillet and boil 1 minute. Stir in oats, peanut butter, and vanilla. Drop by tablespoons on wax paper. Cool.

COOKED CHOCOLATE COOKIES

Isabelle Sauer
Tisdale UMC

2 c. sugar
4 T. cocoa
3 c. quick cooking oatmeal
1/2 c. peanut butter, opt.
1 stick oleo
1/2 c. top milk or whole milk
1/2 c. coconut (chopped fine)

Mix sugar, cocoa, oleo, and milk in saucepan and cook. When it reaches a rolling boil, boil 1 minute. Remove from heat and add oatmeal, coconut, and peanut butter. Stir and drop by teaspoons on wax paper to cool. Can use brown sugar instead of cocoa and use nuts instead of coconut and peanut butter.

NO BAKE GRAHAM COOKIES

Isabelle Sauer
Tisdale UMC

2 c. graham cracker crumbs
2 sticks hard margarine
1 box powdered sugar
1 t. vanilla
1 c. coconut, opt.
1 c. finely chopped nuts
1/2 c. peanut butter

Mix and roll into finger size rolls and dip in chocolate dip. **CHOCOLATE DIP:** 9 oz. chocolate chips, 1/2 par paraffin. Melt together in double boiler. Dip bars and drain (do NOT use boiling water). May use more paraffin if not firm enough.

ORANGE NO BAKE COOKIES

Mildred Wesbrook
Tisdale UMC

1 16 oz. box vanilla wafers, crushed (most boxes are only 12 oz. now)
1 c. chopped nuts
3/4 c. powdered sugar
1 stick margarine, melted
1 6 oz. can frozen orange juice

In large bowl mix sugar, wafer crumbs, melted margarine, nuts, and orange juice. Shape by hand into walnut-sized balls. Roll in coconut or powdered sugar. Refrigerate. These improve with a week's aging. NOTE: If you use less than 16 oz. of vanilla wafers, do not use the full 6 oz. of orange juice.

AMISH DELUXE OATMEAL COOKIES

Inez Davis
Atlanta UMC

3 c. rolled oats
2 t. soda
2 eggs
1 c. raisins
1 t. cinnamon
2/3 c. milk
3 c. flour
1/2 t. cloves
1 c. shortening, melted
2 c. sugar
1/2 t. salt

Mix and drop on cookie sheet and bake.

BANANA OATMEAL COOKIES

Wendy Dolsen
Atlanta/Prairie View UMC

1 1/2 c. flour
1/2 t. salt
1/2 t. soda
1/4 t. nutmeg
3/4 t. cinnamon
1 3/4 c. rolled oats
1 c. sugar
1 c. shortening
1 egg
1 c. mashed banana
1/2 c. chopped nuts

Drop from spoon on greased baking sheet and bake in 350 degree oven 10-15 minutes. Makes approximately 3 1/2 dozen.

BUCKAROOS

Maxine Wadsack
Prairie View UMC

2 c. flour
1/2 t. salt
1 c. shortening
1 c. brown sugar
1 c. salted peanuts
1 t. vanilla
1 t. soda
1/2 t. baking powder
1 c. white sugar
2 c. oatmeal
2 eggs

Mix shortening and sugars together; mix flour, soda, salt, and baking powder together and add to sugar mixture; mix in beaten eggs and vanilla; stir in oatmeal and peanuts. Drop by teaspoonful and bake in 350 degree oven 15 minutes.

CHOCOLATE OATMEAL COOKIES

Wendy Dolsen
Atlanta/Prairie View UMC

1 c. oleo
1 egg
1 c. flour
1/2 t. baking powder
1/4 c. water
1 1/2 c. sugar
1 t. vanilla
1/2 c. cocoa
1/2 t. salt
3 c. oatmeal

Mix oleo, sugar, egg, and vanilla; add remaining ingredients and mix well. Bake in 350 degree oven 10-15 minutes. Makes approximately 3 1/2 dozen.

COCONUT OATMEAL COOKIES

Cathy Hamlin
Grandview UMC

1 1/2 c. flour
1 t. soda
1 t. salt
1 c. sugar
1/2 c. brown sugar
1 1/4 c. rolled oats
3/4 c. flaked coconut
1 c. shortening, melted
1 egg, well beaten

Sift flour, soda, salt, and sugars together; add oats and coconut and mix well. Add shortening and egg and mix thoroughly. Shape into balls and press down lightly. Bake in 350 degree oven 10-15 minutes.

Even though you burn your candle at both ends, know this:

you are not as bright as you may think.

COWBOY COOKIES

Gretchen Conway
Burden UMC

1 c. oleo
1 c. brown sugar
2 c. flour
1 t. soda
1 t. vanilla
1 c. chocolate chips
1 c. sugar
2 eggs
1 t. salt
1 t. baking powder
2 c. oatmeal

Cream oleo and sugars thoroughly; add eggs and beat well. Sift together flour, soda, salt, and baking powder and mix into creamed mixture. Stir in vanilla, oatmeal, and chips. Drop by teaspoonful on cookie sheet. Bake in 350 degree oven 10-12 minutes. Cool slightly before removing from pan. Makes 6 dozen.

GRANDMOTHER'S OATMEAL COOKIES

Dorothy Shannon
Atlanta UMC

3 eggs, well beaten
1 t. vanilla
1 c. brown sugar
2 1/2 c. sifted flour
2 t. soda
2 c. oatmeal
1 c. raisins
1 c. oleo
1 c. granulated sugar
1 t. salt
1 t. cinnamon
1/2 c. nuts

Mix eggs, raisins, and vanilla and let stand 1 hour. Thoroughly cream together oleo and sugars; add egg and raisin mixture. Sift together flour, soda, salt, and cinnamon and add to mixture, then oatmeal and nuts (dough will be stiff). Push dough from heaping teaspoon onto ungreased cookie sheet. Bake in 350 degree oven 10-12 minutes or until lightly brown (do not overbake). Put into tight container. Freezes well.

MY BEST OATMEAL COOKIES

Edna DeWitt
Grandview UMC

1 c. oleo
2 c. sugar
2 eggs
2 c. flour
2 t. cinnamon (scant)
1 1/2 baking powder
1 T. molasses or honey
1 t. vanilla
1/2 c. chocolate chips
2 c. quick oats
2/3 c. raisins
1 c. nuts

Cream oleo and sugar; add eggs, molasses, and vanilla. Sift dry ingredients and add to creamed mixture. Stir in oats, nuts, raisins, and chips. Drop by teaspoons on ungreased cookie sheet and bake in 350 degree oven 10 minutes until golden brown.

OATMEAL COOKIES

Vera Pearce
Atlanta UMC

2 c. brown sugar
1/2 c. butter or shortening
2 eggs
2 1/2 c. flour
1 t. soda
1 t. cream of tartar
1 t. vanilla

Cream shortening and sugar together. Add eggs and beat well. Add remaining ingredients and mix well. Make into two or three rolls. Place in refrigerator for a few hours; cut in slices and bake in moderate oven.

OATMEAL CRISPIES

Vada Whitehill
Prairie View UMC

1 c. Crisco Shortening
1 c. brown sugar
1 c. white sugar
1 t. salt
3 c. oats (I like whole oats best)
2 eggs
1 T. vanilla
1 1/2 c. flour
1 t. soda

Mix Crisco, sugars, eggs, and vanilla, then add flour, soda, salt, and oats and mix well. Nuts or chocolate chips or coconut or whatever may be added. Drop by teaspoonsful on ungreased baking sheet. Bake 350-475 degree oven 10-12 minutes or until brown. I think the cookies are better when using Crisco.

SLICED OATMEAL COOKIES

Elizabeth Magnusson
Grandview UMC

1/2 c. Crisco Shortening
1 egg
1/2 t. vanilla
2 T. water
1/2 t. salt
1 c. 3-minute oatmeal
1/2 c. chopped raisins
1 c. brown sugar
1/2 t. vanilla
1/4 t. almond extract
1 1/4 c. flour
1/2 t. soda
1/4 c. chopped nuts

Shape in rolls in wax paper and chill thoroughly. Slice and bake in 375 degree oven 12 minutes. Makes about 3 dozen.

It is better that we be more concerned about what our conscience

whispers to us

than we are about what others shout at us.

OATMEAL CRISPIES

Gretchen Conway
Burden UMC

1 c. brown sugar
1 c. shortening
1 t. vanilla
1 t. salt
3 c. oatmeal
1 c. white sugar
2 eggs, well beaten
1 1/2 c. flour
1 t. soda
nuts, if desired

Thoroughly cream sugars and shortening; add eggs and vanilla. Sift together flour, salt, and soda and add gradually. Add oatmeal and nuts. Bake in 350 degree oven 12 minutes.

MONSTER COOKIES

Judy Kunkel
Tisdale UMC

1 dozen eggs
2 lbs. brown sugar
1 T. vanilla
5 1/3 c. crunchy peanut butter or 3 lbs.
2 lb. M&M's
4 c. white granulated sugar
2 c. Crisco Shortening
6 t. soda
42 oz. or 18 c. oatmeal
2 lb. chocolate chips

Mix all ingredients together in order listed. Form into size and shape desired. I use an ice cream scoop to dish out onto ungreased cookie sheets. Bake in 350 degree oven 15-20 minutes.

OATMEAL RAISIN COOKIES

Dana Thomson
Grandview UMC

1 c. oleo, softened
3/4 c. brown sugar
3/4 c. white sugar
2 eggs
1 t. soda
1/2 t. salt
2 c. flour
2 c. oatmeal
1 c. raisins

Blend oleo, sugars, eggs, and vanilla. Add salt, soda, and flour. Stir in oatmeal and raisins. Bake in 350 degree oven 10 minutes.

$250 COOKIES

Peggy Shields
Tisdale UMC

2 c. butter
2 c. sugar
2 c. brown sugar
4 eggs
2 t. soda
24 oz. Hershey bar grated
2 t. vanilla
4 c. flour
5 c. oatmeal
1 t. salt
2 t. baking powder
3 c. chopped nuts

Drop by spoonfuls. Bake in 350 degree oven until light brown.

RAISIN OATMEAL COOKIES

Marjorie Kadau
Tisdale UMC

1 c. flour
1 t. salt
2 egg whites, beaten slightly
1 c. brown sugar
1/2 c. skim milk
1 c. seedless raisins
1/2 t. baking soda
1 1/2 c. quick oatmeal
1/4 t. cinnamon
1/3 c. oil
1 t. vanilla

Sift together flour, soda, salt, and cinnamon, then stir in oatmeal. Combine egg whites, sugar, oil, milk, vanilla, and raisins and add to flour mixture and mix well. Drop by teaspoonful on cookie sheet and bake in 375 degree oven 12-15 minutes.

OLD-FASHIONED OATMEAL COOKIES

Ruth Ann Smith
Tisdale UMC

1 c. raisins
1 c. water
3/4 c. shortening
1 1/2 c. sugar
2 eggs
1 t. vanilla
2 1/2 c. flour
1 t. soda
1 t. salt
1 t. cinnamon
1/2 t. baking powder
1/2 t. cloves
2 c. oats
1/2 c. chopped nuts

Simmer raisins and water over medium heat until raisins are plump, about 15 minutes. Drain raisins, reserving the liquid. Add enough water to reserved liquid to measure 1/2 c. Mix thoroughly shortening, sugar, eggs, and vanilla. Stir in reserved liquid. Blend in remaining ingredients. Drop dough by rounded teaspoonful about 2" apart onto ungreased baking sheet. Bake in preheated 375 degree oven 12-15 minutes or until light brown.

PEANUT BUTTER COOKIES

Willa Jean Oliver
Burden UMC

1 c. peanut butter
1 c. brown sugar
1 c. white sugar
1/2 c. shortening
2 eggs
1 t. vanilla
2 c. flour
2 t. soda

Cream sugars, shortening, and peanut butter. Add eggs and remaining ingredients. Mix and roll into balls and flatten with fork. Bake in 350 degree oven 10-12 minutes.

THE BEST THING TO SAVE FOR THE FUTURE IS YOUR SOUL!

PEANUT BUTTER COOKIES

Edna Hollingsworth
Atlanta UMC

1/2 c. oleo
1/2 c. sugar
1 egg
1 1/2 c. flour
1/2 c. creamy peanut butter
1/2 c. brown sugar
1 t. vanilla
1/4 t. salt

Chill dough well; firm into walnut-size balls. Bake on cookie sheet in 350 degree oven 12-15 minutes.

PEANUT BUTTER COOKIES

Gretchen Conway
Burden UMC

1 c. shortening
1 c. brown sugar
1 c. peanut butter
2 c. flour
1/2 t. salt
1 c. sugar
2 eggs, well beaten
1 t. vanilla
1 t. soda

Cream shortening and sugars. Add eggs, peanut butter, and vanilla. Sift together dry ingredients and combine the two mixtures; blend well. Bake in 350 degree oven until golden brown, about 10 minutes.

PEANUT BUTTER COOKIES

Sue Boling
Grandview UMC

1 c. peanut butter
1 c. shortening
2 eggs
1 c. sugar
1 t. vanilla
2 1/2 c. flour
2 t. baking soda
dash of salt
1 c. brown sugar

Blend peanut butter, shortening, eggs, sugars, and vanilla in large bowl. Combine flour, soda, and salt and add to mixture. Roll the size of small walnuts and put on cookie sheet. Mash with fork dipped in sugar or water. Bake in 400 degree oven about 8 minutes. Makes 6 dozen.

EASY PEANUT BUTTER COOKIES

Imogene Hamlin
Grandview UMC

1 can Eagle Brand Milk
2 c. biscuit baking mix
3/4 c. peanut butter
1 t. vanilla

In large mixer bowl, beat milk and peanut butter until smooth. Add biscuit mix and vanilla and mix well. Shape in 1" balls. Roll in sugar and place 2" apart on ungreased baking sheet. Flatten with fork. Bake in preheated 375 degree oven 8-10 minutes or until lightly browned. (DO NOT overbake.) Cool. Store tightly covered at room temperature.

PECANS PRALINES

Ruth Miller
Tisdale UMC

24 graham crackers
1 c. brown sugar
1 c. margarine
1 c. pecans, chopped

Line oblong ungreased pan with graham crackers. Bring to boil margarine, brown sugar, and pecans and boil 1 minute. Spread over graham crackers. Bake in 350 degree oven about 10 minutes. Cut while warm.

REFRIGERATOR COOKIES

Ava Deets
Burden UMC

1 c. shortening, soft
1/2 c. brown sugar (can use white)
2 3/4 c. flour
1/2 t. baking powder
1 c. raisins or dates
1/2 c. white sugar
2 eggs
1/2 t. soda
1/2 t. vanilla
1/2 c. chopped nuts

Beat shortening and sugars together until well blended. Sift dry ingredients and mix well with a sugar mixture. Add chopped fruit, nuts, and vanilla. Mix well. Shape into rolls and roll in wax paper. Chill. Slice and bake in moderate oven about 12 minutes until light brown.

OLD FASHIONED TEA CAKES

Elizabeth Magnusson
Grandview UMC

3/4 c. Crisco Shortening
1/8 t. salt
1 c. sugar
1 T. water
1 t. vanilla
2 eggs, well beaten
2 c. flour
1 t. baking powder

Chill before rolling out. Very good for decorated cookies. Makes 5 dozen.

ORANGE BALLS "Tea Cookies"

Willa Jean Oliver
Burden UMC

1 lb. vanilla wafers, crushed fine
1 lb. powdered sugar
1 6 oz. can frozen orange juice, thawed
1 stick soft oleo
flake coconut

Mix vanilla wafers, oleo, sugar, and orange juice. Roll into small balls. Roll in the coconut. Store in a covered container in ice box.

BE CAREFUL HOW YOU LIVE.
You may be the only Bible some people will ever read.

RUSSIAN TEA CAKES

Lela Bannon
Atlanta UMC

1 c. butter, soft
1 t. vanilla
1/4 t. salt
1/2 c. sifted powdered sugar
2 1/4 c. sifted flour
1/2 c. finely chopped nuts

Mix butter, sugar, and vanilla together thoroughly. Sift remaining ingredients together and add to butter mixture. Work by hand and add nuts. Chill dough; roll into 1" balls, place about 2 1/2" apart on ungreased cookie sheet. Bake in 400 degree oven until set but not browned, about 10 minutes. While warm roll in powdered sugar, cool and roll in sugar again.

SANDIES

(recipe of Susan Bogner Finney)

Cathy Hamlin
Grandview UMC

1 c. oleo
2 t. water
2 c. flour
1/3 c. sugar
2 t. vanilla
1 c. chopped pecans

Cream oleo and sugar; add water and vanilla and mix well. Stir in flour, then nuts. Chill 2-3 hours. Shape in balls and bake in 325 degree oven 20 minutes. Cool slightly and roll in powdered sugar. Can be colored with food coloring for the holidays.

SIX IN ONE COOKIES

Brad Donley
Grandview UMC

2 c. oleo
1 c. brown sugar
1 t. vanilla
1 t. baking soda
1 c. white sugar
2 eggs, beaten
4 c. flour
1/2 t. salt

Cream oleo; gradually add sugars and cream until light and fluffy. Add eggs and vanilla; mix well. Sift together flour, soda, and salt; gradually add to creamed mixture; beat well after each addition. Flavors: Divide in 6 parts. Add 1/2 c. coconut to first; 1/2 c. chopped pecans to second; 1/2 t. nutmeg and 1 t. cinnamon to third; 1 square unsweetened chocolate, melted, to fourth; 1/4 c. chopped candied cherries to fifth; leave last portion plain. Chill 30 minutes. Shape dough into 6 rolls. Wrap, seal and freeze. Slice frozen 1/8" thick. Bake on lightly greased baking sheet in 375 degree oven 10-12 minutes. Makes 18 dozen.

What is it about human nature that makes it easier
to break a commandment than it is to break a habit?

AUNT VIOLET'SSNICKERDOODLES *Cathy Hamlin, Grandview UMC*
SNICKERDOODLES *Elizabeth Magnusson, Grandview UMC*
SNICKERDOODLES *Margaret Martin, Grandview UMC*

1 c. Crisco Shortening
2 eggs
2 t. cream of tartar
1 t. soda
1 1/2 c. sugar
2 3/4 c. sifted flour
1/2 t. salt

Cream sugar, shortening, and eggs. Add flour sifted with cream of tartar, soda, and salt. Place in refrigerator to chill. When ready to bake, roll into balls the size of small walnuts. Roll each into mixture of 4 t. sugar and 4 t. cinnamon. Place 2" apart on ungreased cookie sheet and bake in 400 degree oven 8-10 minutes. They puff up at first and then flatten out. Makes about 5 dozen 2" cookies. Cathy's recipe also had 1 c. nuts, opt.

GRANDMA'S SOUR CREAM COOKIES *Joanna Rogers Tisdale UMC*

1 1/2 c. sugar
2 eggs
1 c. sour cream (use heavy cream, soured with 1 t. vinegar)
1 t. salt
1 c. margarine
2 t. nutmeg
1 t. baking soda
2 t. baking powder
3 1/2 c. flour

Cream sugar and margarine. Beat in eggs. Stir in sour cream. Add nutmeg, soda, baking powder, and salt. Stir in flour. Drop batter on cookie sheet; press down tops with an ice cube. Lightly sprinkle sugar on tops of cookies before or during baking. Bake in 350 degree oven 10-15 minutes. Store in airtight container.

BEST SUGAR COOKIES *Marjorie Sellers Tisdale UMC*

1/2 c. margarine
1/2 c. oil
1/2 c. granulated sugar
1/2 c. powdered sugar
2 1/4 c. flour
1 1/2 t. vanilla
1 egg
1/2 t. cream of tartar
1/2 t. soda
1/2 t. salt

Cream shortening and sugars. Add vanilla and beat in egg. Sift dry ingredients together. Add to creamed mixture, mixing well. Roll out into balls the size of walnuts and place on greased cookie sheet. Flatten balls with a glass dipped in sugar. Bake in 350 degree oven 10-12 minutes. Do not overbake.

BROWN SUGAR COOKIES

Allene Archer
Tisdale UMC

1/2 c. butter or margarine
1 egg
1 1/3 c. flour
1 t. baking powder
3/4 c. dark brown sugar, packed
1/2 t. vanilla
1/4 t. salt

Cream together butter and sugar; add egg and vanilla and beat hard. Add flour, salt and baking powder and mix well. You may add 1 c. chopped nuts; or 1/2 c. chocolate bits; or 1/2 c. raisins. Drop by teaspoonsful on lightly greased baking sheet. Bake in 375 degree oven 10-12 minutes or until delicately browned. Makes about 4-5 dozen small cookies.

WALNUT FROSTIES

Norma Trobaugh
Burden UMC

1/2 c. butter
1 c. brown sugar
1 egg
1 t. vanilla
2 c. flour
1/2 t. soda
1/4 t. salt

TOPPING

1 c. chopped walnuts
1/2 c. brown sugar
1/4 c. sour cream

Combine butter, brown sugar, egg, and vanilla. Beat until light and fluffy. Sift flour, soda, and salt together; gradually add to sugar mixture. Shape dough into 1" balls. Place on ungreased cookie sheet. Make a depression in center of each cookie. Mix walnuts, sugar and sour cream together for topping. Fill each cookie depression with 2 t. topping. Bake in 350 degree oven 10 minutes.

WHOLE WHEAT SUGAR COOKIES

Nancy Horst
Tisdale UMC

1 c. sugar
1 egg
1 t. baking powder
1/2 t. salt
1 T. grated orange peel
1 t. vanilla
1/2 t. nutmeg
2 T. milk
1/2 c. oleo
2 c. whole wheat flour
1/2 t. soda

TOPPING

1/2 t. cinnamon
2 T. sugar

Cream sugar and shortening, then add egg. Mix dry ingredients together on sheet of wax paper. Add to creamed mixture with liquid ingredients. Blend well. Combine cinnamon and sugar. Shape dough into 1" balls and place on ungreased cookie sheet 2" apart. Flatten slightly with glass dipped in cinnamon and sugar mixture. Bake in preheated 375 degree oven 8-10 minutes.

BAR COOKIES

APRICOT BARS

Willa Jean Oliver
Burden UMC

3/4 c. shortening, melted
2 c. flour
2 c. quick cooking oats
1 brown sugar
1 t. soda
1 t. vanilla

FILLING

1 c. pitted dates, cut small
1/2 c. brown sugar
1 3/4 c. drained apricots
2 T. apricot juice

Blend brown sugar and shortening together; add flour, soda, oats, and vanilla and mix together. Press half of mixture into greased pan. Boil filling ingredients until sugar melts and is thick. Spread cooked filling over mixture, then add remaining crumbs over filling. Bake in 350 degree oven 30 minutes. When cool cut in bars.

APRICOT BARS

Phyllis Brothers
Tisdale UMC

1 1/2 c. flour
1 t. baking powder
1/4 t. salt
1 1/2 c. quick-cooking oats
1 c. brown sugar, packed
3/4 c. cold oleo
3/4 - 1 c. apricot preserves

Mix well or sift dry ingredients together. Add oats and brown sugar. Using pastry blender or 2 knives, cut in oleo until pieces are very small. Press 3 c. of mixture into 9"x9" or 7"x11" baking dish. Spread preserves on top, then sprinkle remaining crumbs on top. Bake in 350 degree oven about 30 minutes. Let cool before cutting.

BANANA NUT BARS

Wendy Dolsen
Atlanta/Prairie View UMC

2/3 c. margarine
2 eggs, separated
1 1/2 c. flour
1/4 t. salt
1/2 t. vanilla
1 1/2 c. sugar
1 c. mashed bananas
1 t. soda
1/4 c. sour cream
1/2 c. chopped nuts

Cream sugar, margarine, and egg yolks and mix well. Add dry ingredients and vanilla and then fold in stiffly beaten egg whites and nuts. Pour into a greased and floured 10"x13" pan and bake in 350 degree oven about 45 minutes. When almost cool, cut in squared and dust with sugar. Makes 2 dozen.

SPICY BANANA BARS

Isabelle Sauer
Tisdale UMC

1 c. flour
3/4 c. sugar
1/2 t. baking powder
3/4 t. cinnamon
1/3 c. mashed banana(1 small banana)
1/3 c. nuts
chocolate chips, opt.
1/4 t. soda
1/2 t. salt
1/4 t. cloves
1/4 c. Crisco Shortening
1/4 c. milk
1 egg

Combine Crisco and banana and beat hard 2 minutes; add egg and beat 1 minute. Sift together flour, sugar, baking powder, cinnamon, soda, salt, and cloves and add alternately with milk, using low speed on mixer. Stir in nuts, and chips is desired. Spread in well-greased and lightly floured 9"x13"x2" pan. Bake in 350 degree oven 20-25 minutes. Frost with Lemon Frosting while warm. **LEMON FROSTING**: 2 T. melted butter, 1 T. hot water, 2 t. lemon juice, 1 c. powdered sugar. Combine butter, water, and lemon juice; blend in powdered sugar and spread on bars. Stays nice for weeks in ice box.

BINGO BARS

Phyllis Hull
Hicks Chapel UMC

3 eggs
1 1/2 c. salad oil
1 4 oz. jar strained baby food applesauce
1 4 oz. jar strained baby food apricots
1 4 oz. jar strained baby food carrots
2 c. sugar
2 c. flour
2 t. soda
2 t. cinnamon
1 c. pecans, opt.

Beat eggs and gradually add sugar; mix well. Add salt and oil and blend. Sift together the dry ingredients. Combine baby food in a bowl, then alternately add baby food and dry ingredients to egg and sugar mixture. Bake in greased and floured 10"x15" jellyroll pan in 350 degree oven 25-30 minutes. Frost with cream cheese or powdered sugar frosting and cut into bars.

BUTTERSCOTCH BROWNIES

Pearl Ruggles
Tisdale UMC

2 c. brown sugar
1 3/4 c. flour
1 stick oleo
2 t. vanilla
2 t. baking powder
2 eggs

Melt oleo and then add remaining ingredients. Bake in 350 degree oven 30 minutes. In microwave oven, bake at 70 percent power 11 minutes.

BROWNIES

Martha Bland
Grandview UMC

1 stick oleo
1 c. sugar
1 lg. 16 oz. can Hershey's Chocolate Syrup
1 c. flour
4 eggs

Mix all together and bake in ungreased cookie pan in 350 degree oven about 30 minutes. Remove and frost. **FROSTING:** 1 1/2 c. granulated sugar, 6 T. oleo, 6 T. milk, 6 oz. chocolate chips. Mix over heat sugar, oleo, and milk and bring to boil; boil 1 minute. Remove from heat and add chocolate chips. Stir until melted and frost brownies.

APPLESAUCE BROWNIES

Willa Jean Oliver
Burden UMC

1/2 c. shortening
1 1/2 c. sugar
1 t. cinnamon
2 T. cocoa
1 1/2 t. soda
2 eggs, unbeaten
2 c. flour
1 No. 2 can applesauce
1/2 t. salt

Combine all ingredients and beat by hand, use no mixer. Pour into greased 7"x11" pan. May use size smaller pan. Mix together and sprinkle over top 3 T. sugar, 1/2 c. pecans and 1 6 oz. pkg. chocolate bits. Bake in 350 degree oven 25 minutes, no longer. This recipe was given to me by my Aunt Thelma Smith. Very easy to make, even my husband Ralph has made this. It's an old German recipe from Hays, Kansas.

BLONDE BROWNIES

Wendy Dolsen, Atlanta/Prairie View UMC
Wanda Donley, Grandview UMC

2/3 c. oleo
2 eggs, slightly beaten
2 c. flour
1 t. baking powder
1 c. nuts
2 c. brown sugar
2 t. vanilla
1/4 t. soda
1 t. salt
1 c. chocolate chips

Mix flour, soda, baking powder, and salt. Melt oleo in saucepan; add sugar. Blend in eggs and vanilla. Add flour mixture gradually, mixing well. Spread in 9"x13" pan; sprinkle with chips and nuts. Bake in 350 degree oven 30 minutes. Cool in pan, cut into bars. Makes 48.

The distance between earth and heaven
is more a matter of attitude than it is of altitude.

BUTTERMILK BROWNIES

Maxine Wadsack
Prairie View UMC

2 c. sugar
2 c. flour
1/2 c. vegetable oil
1/2 c. buttermilk
1 t. vanilla
2 T. cocoa
1 c. cold water
1 stick oleo
1 t. soda
2 eggs

Mix sugar, cocoa, and flour. Boil water, oil, and oleo and pour over dry ingredients and beat. Add buttermilk, soda, vanilla, and eggs and beat. Bake in a greased and floured cookie sheet with sides in 400 degree oven 20 minutes. Remove from oven and frost. **FROSTING**: 1 stick oleo, 1/4 c. cocoa. 1/3 c. buttermilk, 1 box powdered sugar, 1 c. nuts, 1 t. vanilla. Heat oleo, cocoa, and buttermilk to boiling; add sugar, nuts, and vanilla and spread on cake while warm.

CHERRY BROWNIES

Willa Jean Oliver
Burden UMC

1 devil's food cake mix
1 can cherry pie filling
2 eggs
1 t. almond flavoring

Make brownie batter with cake mix, eggs, pie filling, and almond flavoring. Pour into 9"x13" pan and bake in 350 degree oven 40 minutes. Remove from oven and frost. **FROSTING**: 1 c. sugar, 5 T. butter, 1/3 c. milk, 1 c. chocolate chips, 1 t. almond flavoring. Combine sugar, butter, and milk and boil 30 seconds. Remove from heat and add chips and almond flavoring. Frost while warm.

CHOC-O-DOT BROWNIES
EASY BROWNIES

Brad Donley, Grandview UMC
Mildred Wesbrook, Tisdale UMC

1 pkg. chocolate cake mix
2 T. water
1 c. butterscotch chips
1/2 c. chopped nuts
1/2 c. cooking oil
2 eggs
1 c. chocolate chips

Blend cake mix, oil, water, and eggs. Stir in chocolate and butterscotch chips and nuts. Spread in ungreased 11"x17" pan and bake in 350 degree oven for 15 minutes. Mildred just uses 1 6 oz. pkg. chocolate chips, no butterscotch chips. She also stated Duncan Hines cake mix is best. She also calls her recipe "Easy Brownies".

Since the old-time evangelists have almost totally disappeared from the scene, hell doesn't seem nearly as hot as it once did.

DEEP DISH BROWNIES

Diane Holt
Prairie View UMC

3/4 c. margarine, melted
1 1/2 c. sugar
1 1/2 t. vanilla
3 eggs
3/4 c. flour
1/2 c. cocoa
1/2 t. baking powder
1 c. chocolate chips or peanut butter chips

Mix ingredients in order listed. Spread in greased 8"x8" pan. Bake in 350 degree oven 40-45 minutes.

FUDGE NUT SQUARES

Willa Jean Oliver
Burden UMC

2 sticks oleo
1/2 c. Carnation Canned Milk
2 1/2 c. sugar
pinch of salt
1 c. pecans, opt.
3 sq. chocolate
2 t. vanilla
2 c. flour
4 eggs

Melt oleo and chocolate together; add canned milk and vanilla. Sift together sugar, flour, and salt. Stir in oleo, chocolate, milk, and vanilla mixture. Add eggs, one at a time, beating well after each. Add pecans, if desired. Line 10"x15" pan with wax paper. Pour in batter. Bake in 325 degree oven 25 minutes. Turn upside down immediately on foil or wax paper. Lift and put back into pan. Ice bottom when cool. **ICING**: 2 c. powdered sugar, 1 T. cocoa, canned milk. Mix sugar and cocoa; add enough milk to spread. Cut into squares and cover top with foil. A cousin of mine from Louisiana gave this away for Christmas, recipe and pan.

FUDGIES

Marilyn Miller
Tisdale UMC

1 c. minus 4 t. oil
3/4 c. cocoa
2 eggs
2 c. sugar
2 1/2 c. flour
1 1/2 c. cold water
1 t. soda
1 t. salt
1 t. vanilla
8 oz. chocolate chips
1 c. nuts

Combine all ingredients except chocolate chips and nuts. Spread batter on greased cookie sheet. Sprinkle chips and nuts on top. Bake in 350 degree oven 30 minutes.

The Lord calls for us to stand, though not always to understand.

FUDGY STYLE BROWNIES - MICROWAVE

Sheryl Pilkington
Grandview UMC

1/2 c. butter or margarine
6 T. cocoa
1 c. sugar
1 egg
1 t. vanilla
3/4 c. flour
1/2 t. baking powder
1/4 t. salt, opt.
1/2 c. chopped nuts

Place butter and cocoa in 8" square dish. Microwave at high 1-1 1/2 minutes, until butter melts. Stir in the sugar thoroughly. Add remaining ingredients, egg, vanilla, flour, baking powder, salt, nuts, and mix well. Shield the top corners of dish with foil to prevent overcooking the corners. Microwave at high 5 1/2 - 6 minutes, rotating 1/2 turn after 2, 4, and 5 minutes, until top is no longer wet. Cool for 30 minutes.

HERSHEY BROWNIES

Marilyn Miller
Tisdale UMC

1/2 c. butter
1 c. sugar
16 oz. can Hershey's Syrup
4 eggs
1 1/4 c. flour
3/4 c. chopped nuts

Cream butter and sugar; add syrup, eggs, flour, and salt. Pour into greased 9"x13" pan. Bake in 350 degree oven 30 minutes. May melt chocolate chips over top.

MARSHMALLOW BROWNIES

Ava Deets
Burden UMC

1 c. oleo
2 c. sugar
1/2 c. cocoa
4 eggs
1 1/2 c. flour
1 c. chopped nuts
2 t. vanilla
1 lb. pkg. marshmallows

Cream oleo, cocoa, and sugar together. Add eggs one at a time, beating after each. Add flour, nuts, and vanilla. Bake in a greased and floured 9"x13" pan in a 350 degree oven 30 minutes. Sprinkle marshmallows over the top and bake 7 minutes longer or until marshmallows melt but not brown. Remove from oven. Cool and frost with frosting. **FROSTING:** 3/4 c. powdered sugar, 1/3 c. cocoa, 1/2 stick oleo, 1/2 c. half 'n half, 1 t. vanilla.

BLESSED ARE THOSE who can give without remembering,
and receive without forgetting.

CHOCOLATE REVEL

Vada Holt
Prairie View UMC

3 c. quick cooking oats
1 t. baking soda
1 c. butter
2 eggs
1 1/2 c. miniature chocolate chips
14 oz. can Eagle Brand Milk
2 1/4 c. all-purpose flour
1/2 t. salt
2 c. brown sugar, packed
4 t. vanilla
1 c. 2 T. butter
1 c. chopped pecans

Mix oats, flour, soda, and salt in a bowl. In large bowl, beat 1 c. butter for 1 minute. Add sugar, eggs, and 2 t. vanilla; mix well. Add oat mixture to sugar mixture and mix thoroughly. Place chocolate chips, milk, and 2 T. butter over low heat until melted, stirring constantly. Remove from heat; add nuts and 2 t. vanilla. Grease a 10"x15"x1" pan and pat oat/sugar mixture until smooth and covering pan. Spread chocolate mixture on top. Bake in 350 degree oven 22-30 minutes. Cool on wire rack. Cut into 48 pieces.

OATMEAL CHOCOLATE CHIP BARS

Nancy Horst
Tisdale UMC

1 1/2 c. brown sugar, packed
2 T. molasses
2 eggs
1 c. flour
1 t. salt
12 oz. chocolate chips
1 c. shortening
2 t. vanilla
3 c. oatmeal
1 t. soda
3/4 c. chopped nuts

In large bowl, beat brown sugar and shortening until light and fluffy. Add molasses, vanilla, and eggs; blend well. Stir in oatmeal, flour, baking soda, and salt; blend well. Next add nuts and chocolate chips. Bake in greased 10"x15" pan in preheated 350 degree oven 20-25 minutes or until light golden brown and center is set. Cool slightly; cut into bars.

GRAHAM CRACKER SQUARES

Sheryl Pilkington
Grandview UMC

1 1/2 c. fine graham cracker crumbs
1 t. vanilla
1 t. baking powder
1 c. sugar
1 c. chopped nuts
2 eggs, separated

Combine graham cracker crumbs and sugar with baking powder. Mix well. Add vanilla and beaten egg yolks to dry ingredients and mix. Stir in nuts and stiffly beaten egg whites. Spread evenly in well-greased 9"x13" baking pan and bake in 375 degree oven about 20 minutes. Let pan cool; cut into square.

CONGO BARS

Vada Holt
Prairie View UMC

22 graham squares, crushed
12 oz. chocolate chips
1 can Eagle Brand Milk

Mix well. Bake in greased and floured 8"x8" pan, or larger for thinner bars. Bake in 350 degree oven 25-30 minutes. Cut into squares.

GUM DROP BAR COOKIES

Dorothy Shannon
Atlanta UMC

4 eggs, well beaten
2 c. brown sugar, packed
2 c. sifted flour
1/4 t. salt
1 c. flaked coconut
1 T. cold water in eggs
1 t. vanilla
1 t. baking powder
1 c. nuts
1 1/2 c. orange slices, cut fine

Beat eggs with water; add sugar, beating until light and fluffy. Add vanilla. Sift together flour, baking powder, and salt; blend into egg mixture. Stir in nuts, coconut, and orange slices. Spread in greased and floured 10"x15" pan. Bake in 350 degree oven 30-35 minutes or until done. While warm spread orange icing over; as soon as set cut into squares. Store in tight container. **ICING**: 2 T. orange juice, 2 T. butter, grated orange rind, 1 c. powdered sugar. Mix, beat well and spread.

HELLO DOLLY COOKIES
Carroll Shivers, Grandview UMC

SEVEN LAYER COOKIES
Lela Bannon, Atlanta UMC

SEVEN LAYER COOKIES
Judie Kadau, friend of Parish

1 stick oleo
1 6 oz. pkg. chocolate chips
1 3 1/2 oz. can coconut
1/2 c. chopped pecans
1 1/2 c. graham cracker crumbs
1 6 oz. pkg. butterscotch chips
1 can Eagle Brand Milk

Melt oleo in bottom of 9"x13" pan. Put crackers on top of butter. Layer coconut, butterscotch chips, chocolate chips, milk, and pecans. Bake in 325 degree oven 20-30 minutes. Lela uses just butterscotch chips and only 1 c. cracker crumbs and 1 c. nuts. Judie uses 1 1/2 c. pecans.

THOSE WHO HAVE THE MOST TO SAY
USUALLY SAY IT WITH THE FEWEST WORDS.

KLUFA'S COOKIES

Imogene Hamlin
Grandview UMC

1 lb. brown sugar
1 T. vanilla
1 1/2 c. flour
1 c. coconut
4 lg. eggs, beaten
1 c. nutmeats
1/2 t. salt

Pour in 10"x15" pan and bake in 350 degree oven until done. This recipe is from my sister-in-law Auldene Gardner, Ralston, OK, given to me November 25, 1955.

EASY LEMON BAR COOKIES

Clara Hamm
Tisdale UMC

1 box lemon cake
1 egg
1 8 oz. pkg. cream cheese, softened
1 stick margarine, softened
2 eggs
1 lb. powdered sugar

Mix cake mix, margarine, and egg together until crumbly; press in bottom of greased 9"x13" pan. Mix cream cheese, eggs, and powdered sugar until smooth. Pour over crumb mixture. Bake in 350 degree oven 45 minutes. Sprinkle with powdered sugar when cool. These cookies freeze well.

NO BAKE BAR COOKIE

Erin Morris
Burden UMC

2 c. sugar
1/2 c. milk
1/2 c. peanut butter
1 t. vanilla
1 stick butter or margarine
4 T. cocoa
3 c. quick rolled oats

Boil sugar, margarine, and milk 1 minute. Add other ingredients. Mix to blend and spread in a buttered pan to cool. Cut as desired. This was made by my first grade class.

REESE'S PEANUT BUTTER BARS

Erma Roberts
Tisdale UMC

1 c. margarine (2 sticks)
1 c. crunchy peanut butter
1 box powdered sugar (or 4 c.)
6 oz. milk chocolate chips
1 1/2 c. finely crushed graham crackers

Blend very well in bowl using mixer (all but chocolate chips); press mixture in a 9"x13" pan. Melt chocolate chips and quickly spread over mixture in pan. Refrigerate and cut into squares when firm. Tastes just like Reese's peanut butter cups!

PECAN PIE COOKIE BARS

Willa Jean Oliver
Burden UMC

2 c. flour
2/3 c. brown sugar
1 1/2 c. syrup
1/3 c. flour
2 t. vanilla
1 c. pecans
1 t. baking powder
1/2 c. oleo
1/2 c. brown sugar
1/4 t. salt
4 eggs, beaten

Blend flour, 2/3 c. brown sugar, baking powder, and oleo well and pat into greased brownie pan. Bake in 350 degree oven 15 minutes. Then mix syrup, flour, 1/2 c. brown sugar, vanilla, and eggs and pour over crust. Sprinkle with pecans. Return to 350 degree oven and bake 30 minutes. Cut while warm.

POOR MAN'S COOKIE BARS

Ava Deets
Burden UMC

2 c. flour
1 c. sugar
1 t. cinnamon
1/2 t. cloves
1 1/4 c. water
1/2 c. salt
1 stick oleo
1/2 t. soda
1 c. raisins
1/2 c. chopped nuts, opt.

Boil raisins and water to get 1 c. juice. Add oleo to the 1 c. hot juice; add soda. Mix in sifted flour, sugar, and spices. Add raisins and nuts. Bake on greased and floured cookie sheet in 325 degree oven 30 minutes. May be frosted as soon as it comes from the oven with a lemon flavored glaze.

RAISIN MUMBLES

Erma Roberts
Tisdale UMC

FILLING
2 1/2 c. seedless raisins
1/2 c. sugar
2 T. cornstarch
3/4 c. water
3 T. lemon juice

CRUMB MIXTURE
3/4 c. butter or oleo, soft
1 3/4 c. sifted flour
1 c. brown sugar
1/2 t. salt
1/2 c. baking soda
1 1/2 c. rolled oats

Cook filling. Stir ingredients over low heat until thickened. Cool about 5 minutes. Set aside. Mix butter and sugar together. Add dry ingredients, then oats. Press half of mixture into greased 9"x13" pan; spread filling over; pat on remaining crumbs. Bake in 400 degree oven 20-30 minutes. Cut into bars.

RAISIN COOKIE BARS

Pearl Ruggles
Tisdale UMC

2 c. flour
1 c. sugar
1 t. cinnamon
1/2 t. cloves
1/2 t. salt
1/2 c. oleo
1/2 t. soda
1 c. raisins
1 c. juice

Cook raisins in water 5 minutes; add oleo and soda to hot juice. Mix dry ingredients; add raisins and spread in 9"x13" greased pan. Bake in 375 degree oven 25 minutes. Ice while hot with powder sugar glaze.

RAISIN SPICE BARS

Marjorie Sellers
Tisdale UMC

1 c. raisins
1/2 t. soda
1 c. juice from cooking raisins
1 egg, slightly beaten
1/2 t. cloves
1/2 c. Crisco Shortening
2 c. flour
1 c. sugar
1 t. cinnamon
1/4 t. salt

Cook raisins in enough water to make 1 c. juice. Add Crisco and soda to hot juice; set aside. Mix together flour, sugar, spices and salt. Mix everything together, plus egg and raisins. Spread on greased cookie sheet. Bake in 375 degree oven 25 minutes. Ice with powdered sugar icing; cut into squares.

TOMATO SOUP BARS

Isabelle Sauer
Tisdale UMC

1 can tomato soup
1/2 c. melted shortening or oil
1 box mincemeat or raisins
2 t. cinnamon
2 c. flour
1/2 soup can water
1 c. sugar
2 t. allspice
1 t. soda

Combine all ingredients; mix well. Spread in greased and floured 16"x20" pan. Bake in 350 degree oven 20 minutes. Cool and frost with powdered sugar butter frosting. Cut into bars.

Criticism should always leave a person with the distinct feeling that they have just been helped.

YUMMY COOKIES

Edna Hollingsworth
Atlanta UMC

1/2 c. butter
1 egg and 2 egg yolks
pinch of salt
1 c. sugar
1 1/2 c. flour
1 t. vanilla

Cream butter, add sugar; beat in egg and yolks. Add flour, salt, and vanilla and mix well. Spread with spatula on greased cookie sheet and cover with topping. Bake in 300-325 degree oven 45 minutes. Cut in squares and roll in powdered sugar if you wish. **TOPPING**: 2 eggs whites beaten syrupy with 2 c. brown sugar and 1 c. pecan.

SKILLET COOKIES

PANDORA'S FRYING PAN NO-BAKE COOKIES

Lela Bannon
Atlanta UMC

1 stick butter or margarine
1 egg, beaten
1/4 t. salt
2 c. Rice Krispies
1 c. sugar
1 c. chopped dates
1/2 c. chopped walnuts
coconut or powdered sugar

Melt butter in frying pan. Add sugar, egg, dates, and salt. Cook slowly 5 minutes. Remove from heat; stir in Rice Krispies and walnuts. Mix thoroughly. Shape into balls, then roll in coconut or powdered sugar. Let cool. Crushed Rice Krispies with equal parts powdered sugar make a good coating. DON'T OVERCOOK!

SKILLET NO-BAKE COOKIES

Pauline Jones
Prairie View UMC

1 egg, beaten
1/2 c. pecans
1/2 c. oleo
2 c. Rice Krispies
1 c. chopped dates
3/4 c. sugar
1 t. vanilla
coconut or powdered sugar

In skillet on low heat, cook sugar, oleo, egg, and dates until dates pull away from side of skillet. Add nuts and vanilla. Stir in cereal. Cool. Roll in powdered sugar or coconut. Very good for eating and parties.

It sure does seem that there are far more people willing to give you advice,

when what you really need is help.

CANDY

CATHEDRAL WINDOWS CANDY

Edna Hollingsworth
Atlanta UMC

12 oz. chocolate chips
colored miniature marshmallows
1 stick oleo

Melt chips and oleo and add marshmallows, enough to so all are coated, then place in rolls on wax paper and chill. Slice.

MILLION DOLLAR FUDGE

Sue Boling
Grandview UMC

4 1/2 c. sugar
1 stick margarine
1 lg. can evaporated milk
nuts, if desired
3 6 oz. pkg. chocolate chips
1 pt. marshmallow fluff
2 T. vanilla

Boil sugar, butter, and evaporated milk together (6 minutes after it reaches a hard boil). Remove from heat and add chocolate chips and marshmallow fluff. Stir until thoroughly blended. Add vanilla and nuts. Pour in buttered pan (cookie sheet with edges). Cool before cutting. Makes 5 lbs. (Don't need to stir until it sets, just till chocolate melts.)

VELVEETA CHEESE FUDGE

Phyllis Perrigo
Burden UMC

1 lb. Velveeta cheese
4 lbs. powdered sugar
1 tsp. vanilla
1 lb. oleo
1 c. cocoa
1 c. nuts

Melt cheese and oleo in microwave. Add rest of ingredients. Beat well and spread in a buttered pan. Cool and cut into squares. This is very good and easy but makes a lot. I usually make only half of the recipe.

CHOCOLATE FUDGE

Imogene Hamlin
Grandview UMC

4 c. sugar
1 stick oleo
1 c. marshmallow creme
1 c. canned milk
2 pkg. chocolate chips
nuts

Cook sugar, milk, and oleo to soft ball, stirring constantly; add chips and creme and blend immediately; add nuts or nuts and coconut. Put in buttered pan.

WHITE CHOCOLATE CREAM FUDGE

Edna Hollingsworth
Atlanta UMC

3 c. sugar
1 pt. marshmallow creme
12 oz. white chocolate cut into sm. pieces
4 oz. candied cherries cut into sm. pieces
1 c. English walnuts or pecans
1 c. evaporated milk
3/4 stick oleo

Bring sugar, milk, and oleo to boil over slow fire and cook to medium softball (237 degrees). Stir constantly; remove from heat, stir in chocolate and marshmallow creme to melt; add nuts, chopped coarse, and cherries; stir and pour into pan.

HEAVENLY HASH CANDY

Nellie Craig
Burden UMC

12 marshmallow, quartered
1 lb. milk chocolate
1 c. nut meats, chopped

Melt chocolate and pour half of it in a pan lined with waxed paper, then place the marshmallows over this. Sprinkle with nuts and pour the rest of the chocolate over the top. When cold, cut into squares.

DATE LOAF CANDY

Imogene Hamlin
Grandview UMC

3 c. sugar
1 c. walnuts
1 c. milk
1/2 - 1 lb. dates

Place sugar, milk, and dates in pan and bring to boil at low heat, stirring to clean sides of sugar crystals. Let boil to medium ball stage; remove from heat and add nuts. If too soft, knead in powdered sugar. Form into loaves and refrigerate. Slice when serving.

DATE CANDY ROLL

Lela Bannon
Atlanta UMC

3 c. sugar
1/2 c. white syrup
1 c. chopped nuts
1 t. vanilla
1 c. evaporated milk
1 pkg. pitted dates
2 T. butter

Combine milk, sugar, dates, and syrup; boil at low heat, stirring constantly, and cook until it forms a firm ball in cold water. Remove from heat and add nuts, vanilla, and butter. Beat until very stiff. Pour onto a damp towel and form into a roll. When cold wrap in foil and refrigerate. To serve slice off as much as you want. Will keep a long time.

RASPBERRY DIVINITY

Lela Bannon
Atlanta UMC

3 c. sugar
1/2 c. hot water
1 3 oz. pkg. raspberry gelatin
3/4 c. light corn syrup
2 egg whites
1 c. nuts

Cook sugar, syrup, and water together over moderate heat until it forms a hard ball. Beat egg whites until foamy; add gelatin, continue beating until whites stand in peaks; add, slowly, the hot syrup. Beat until a teaspoonful will hold its shape; add nuts and drop quickly on waxed paper or pour on greased dish or pan and cut into pieces.

PEANUT BRITTLE

Vera Brothers
Tisdale UMC

2 c. sugar
1 c. white corn syrup
1 c. water
2 c. raw peanuts
2 T. butter
1 t. vanilla
2 t. soda

Cook sugar, syrup, water to softball stage (235-240); add peanuts and cook to hard crack. Remove from heat and add butter, vanilla and soda; stir. Pour into oiled cookie sheet pan.

PEANUT BRITTLE

Peggy Shields
Tisdale UMC

1 c. white Karo syrup
2 c. raw peanuts
2 t. soda
2 1/2 c. sugar
2 T. oleo

Butter large cookie sheet. In a 2 qt. heavy pan (not Teflon) bring syrup and sugar to full boil; add peanuts; stir well at all times. Cook to color of paper sack. Add oleo and soda; pour on cookie sheet, stretch over sheet with knife. Never use any water in this candy. Sugar and syrup will start out very grainy but will soon boil. NOTE: Use long handled spoon. I also use extra large cookie sheet or 2 small ones.

CHOCOLATE PEANUT BUTTER BONBONS

Gretchen Conway
Burden UMC

1 box powdered sugar
2 c. smooth or crunchy peanut butter
1 stick oleo
1 12 oz. pkg. chocolate chips

Mix sugar, peanut butter and oleo together. Shape into small balls. Melt chocolate chips. Drop in peanut butter balls; lift out with a fork. Place on waxed paper. These keep well in freezer.

PEANUT BRITTLE (microwave)

Phyllis Brothers
Tisdale UMC

1 1/2 c. raw peanuts
1 c. sugar
1/2 c. white corn syrup
1/8 t. salt
1 t. butter
1 t. vanilla
1 t. baking soda

In a 1 1/2 qt. container suitable for microwaving, stir together peanuts, sugar, syrup, and salt. Microwave on high for 4 minutes; remove from oven and stir. Return to oven and microwave on high for 4 more minutes. Remove from oven; stir in butter and vanilla. Return to oven and microwave on high 2 minutes more. Remove from oven and quickly stir in baking soda (mixture will become light and foamy). Immediately pour onto a lightly greased baking sheet or marble slab, spreading thin. When cool, break into small pieces. Store in an air-tight container. Makes 1 pound.

PEANUT BUTTER CUPS

Wendy Dolsen
Atlanta/Prairie View UMC

1 c. margarine
12 oz. pkg. chocolate chips
2 1/2 c. powdered sugar
1 c. peanut butter
1 3/4 c. graham cracker crumbs

Melt margarine; add crumbs, peanut butter, and powdered sugar; mix well. Spread in 9"x13" pan. Melt chocolate chips and spread on top of peanut butter mixture. Place in refrigerator and remove to cut into squares. Store covered.

CHRISTMAS CANDY

Edna Hollingsworth
Atlanta UMC

3 c. sugar
3/4 c. white corn syrup
3/4 c. water
2 egg whites
1 pkg. flavored gelatin
1 c. chopped nuts
1/2 c. grated coconut

Grease 9" pan. Mix sugar, corn syrup, and water in a saucepan and cook to the boiling point, stirring constantly; reduce heat and continue cooking, stirring occasionally, until few drops test hard ball in water (252 degrees). Beat egg whites until fluffy; add dry gelatin gradually, beating until whites peak. Pour syrup in egg mixture and beat until candy holds shape and loses it gloss. Pour into pan.

It is perfectly all right to be constantly looking for compliments
—to give to someone else!

SUGARED PECANS

Wilma Anglemyer
Tisdale UMC

2 T. butter
1 T. syrup
1 c. chopped pecans
1 c. white sugar
1/2 c. cream

Boil to soft ball stage; remove and beat until it holds its shape like whipped cream. Spoon onto waxed paper.

NOODLE CANDY

Grace Morgan
Prairie View UMC

2 pkg. caramel bits
1 can Chinese noodles (LaChoy)
1 pkg. Planters peanuts

Melt caramel bits in double boiler (do not boil); add Chinese noodles and peanuts. Drop by teaspoonsful on wax paper to cool and set. I also use chocolate chips or peanut butter chips in the place of caramel bits for a change.

SOME HELPFUL HINTS

When an unbaked pie crust is to be filled with a very moist filling, brush its surface first with a small amount of lightly beaten egg white and chill the crust. This will help prevent "soggy bottoms"!

Handle pie pastry as little as possible and work quickly.

Never substitute oil for solid shortening of any kind or vice versa.

Shortening will not stick in measuring cup if you wet the cup first.

The best cooks I know taste, taste, and taste while they are cooking!

To cut a frosted layer cake, use a long, thin, sharp knife rinsed in hot water. Cut through with a gently sawing motion; don;t press down. Rinse knife after each cut. To cut angel food cakes and sponge cakes, use a serrated knife. Place end of knife in center of cake, then cut with gently back and forth motion.

Do not discard rinds of grapefruit, oranges, or lemons. Grate the rinds, put in a tightly covered glass jar and store in freezer. Makes excellent flavoring for cakes, frostings, etc.

CLEVER BIRTHDAY CAKE IDEAS:

- Insert candles into gumdrops or lifesavers for a quickly decorated cake.
- Animal crackers can be used to make a clever circus cake for a child.
- Hold each candle over low heat to soften end. Insert a toothpick into softened end before it hardens; set toothpick into cake. Candles will stand neatly upright.

SOME POSSIBLE SUBSTITUTIONS

For this	You may safely use this
1 c. sugar	3/4 c. honey or syrup. Reduce other liquid in recipe 1/4 c. (in cakes, substitute honey for only half of the sugar indicated)
1 c. honey	1 1/4 c. sugar plus 1/4 c. liquid
1 cake compressed yeast	1 pkg. (2 t.) active dry yeast
1 c. all-purpose flour (for baking breads)	Up to 1/2 c. bran, whole-wheat flour or cornmeal plus enough all-purpose flour to fill cup
1 whole egg	2 egg yolks (in custards) for baking or thickening
2 large eggs	3 small eggs
1 c. buttermilk or sour milk (for baking)	1 T. lemon juice or vinegar plus enough sweet milk to make 1 c. or 1 c. sweet milk plus 1 3/4 t. cream of tartar
1 small pressed clove of garlic	1/8 t. garlic powder
3/4 c. cracker crumbs	1 c. bread crumbs
1 c. butter or margarine (for baking)	7/8 c. vegetable or animal shortening plus 1/2 t. salt

Woman's Work is Never Done....

DO stalk the ants in your pantry, and seal off cracks where they are entering with putty or petroleum jelly. Try sprinkling red pepper on floors and counter tops.

ROACH POISON: Sprinkle or dust it (using a narrow-spouted plastic squeeze bottle) into moldings and crevices. This kills them slowly (6 days or longer) but surely. They will not develop a resistance to it. Boric acid is not absorbed by your skin or inhaled, but it is poisonous if eaten. Use 2 parts flour, 1 part boric acid powder, and ½ part sugar. Mix well or sift.

REFINISH ANTIQUES OR REVITILIZE WOOD: Use equal parts of: linseed oil, white vinegar, and turpentine. Rub into furniture (or wood) with soft cloth and lots of elbow grease.

Rub wax along sliding doors, windows, wooden drawers that stick for ease in sliding.

A simple polish for copper bottom cookware is: equal portions of flour and salt made into a paste with vinegar. Keep in refrigerator.

Anti-freeze poured into the metal slide on your glass door helps prevent ice from forming.

Fabric softener sheets: cut 8-inch squares of pellon and dip in solution of half water, half liquid fabric softener and squeeze out. Reuseable, just dip again.

Iron cleaner: baking soda on a damp sponge will remove starch deposits. (Cold iron.)

Washing soda in the wash will remove stale odors. Baking soda can be used but is expensive.

An old toothbrush is handy for cleaning beaters, graters, etc.

To clean Teflon: combine 1 cup water, 2 tablespoons baking soda, ½ cup liquid bleach and boil in stained pan for 5-10 minutes or till stain disappears. Wash, rinse and dry, condition with oil before using pan again.

A little instant coffee will work wonders on your furniture. Just make a thick paste of your favorite instant and a little water, and rub it into the nicks and scratches on your dark wook furniture. You'll be overjoyed at how new and beautiful those pieces will look.

PIES

RICH PIE CRUST

Pauline Jones
Prairie View UMC

1 1/2 c. flour
pinch of salt
2-4 T. water
1/4 c. shortening
1/4 c. butter

Blend flour, salt, and shortening until the mixture becomes crumbly, almost the consistency of corn meal. Add water, a bit at a time, adding only enough so that the particles can be pressed between the fingers. Roll dough thin, but not too thin. Pinch edges on crust.

NO-ROLL PIE CRUST

Vera Pearce
Atlanta UMC

1 1/2 c. flour
1 1/2 t. sugar
1 t. salt
1 c. salad oil
2 T. cold milk

Mix flour, sugar, and salt in mixing bowl. Add milk to salad oil, stir into flour mixture. Put mixture in 9" plate and shape.

GOOD PIE CRUST

Vada Holt
Prairie View UMC

2 1/4 c. flour
1 t. salt
2/3 c. cooking oil
1/3 c. water

In medium bowl combine flour and salt. Stir in oil and water. Mix well. Roll half of mixture between 2 sheets of waxed paper (have bread board slightly damp to hold bottom sheet). Remove top sheet and lift bottom with crust and flip over onto pie plate. Enough crust for one pie. Bake 425 degree oven 30-40 minutes for fruit pie.

ALMOND HERSHEY BAR PIE

Rose Marie Watt
Grandview UMC

6 Hershey Almond Bars
20 lg. marshmallows
1/2 c. milk
1 c. whipping cream
1 t. vanilla
1 graham cracker pie crust

Take the almonds out of the bars and chop them up to garnish top of pie. Melt remaining Hershey bars, marshmallows and milk; cool. Meanwhile, whip whipping cream with vanilla. Fold whipped cream into Hershey bar mixture; pour into crust and sprinkle with chopped almonds.

SUE'S APPLE CRUMB PIE

Sue Boling
Grandview UMC

4 large tart apples (I prefer Granny Smith)
1/2 c. sugar
1 t. cinnamon

TOPPING
1/2 c. sugar
3/4 c. flour
1/3 c. margarine

Pare apples. Cut in eighths and arrange in unbaked 9" pie shell. Mix sugar and cinnamon and sprinkle over apples. Make topping by sifting sugar with flour, cut in margarine until crumbly. Sprinkle over apples. Bake in hot oven 40-50 minutes.

CHEESE CLOUD PIE

Hazel Spengler
friend of Parish

1 1 lb. 4 oz. can unsweetened crushed pineapple
1 8 oz. pkg. cream cheese
1 sm. pkg. instant vanilla pudding
1 9" graham cracker pie shell
1/4 t. salt
1/2 pt. whipping cream or Cool Whip

Drain pineapple, reserving all syrup. Beat cream cheese until light and fluffy. Gradually beat in reserved pineapple syrup until smooth. Beat in pudding mix and salt. Fold in pineapple. Fold in whipped cream or Cool Whip. Turn into graham cracker shell. Chill at least one hour before serving. Serves 8.

EASY CHERRY PIE

Cathy Hamlin
Grandview UMC

1 can Eagle Brand Milk
1/3 c. lemon juice
1 c. heavy cream, whipped
1 c. chopped nuts
1 can cherries, drained
1 baked pie shell

Combine milk and lemon juice; fold into whipped cream together with nuts and cherries. Pour into pie shell and chill till firm.

FRESH CRANBERRY CHIFFON PIE

Allene Archer
Tisdale UMC

Cook 2 c. cranberries in 1/2 c. water until skins pop. Stir in 1/2 c. sugar and cook 5 minutes. Soften 1 envelope plain gelatin in 2 T. lemon juice; add to hot cranberry mixture. Cool thoroughly, but not stiff; add 1/2 c. sugar to 2 stiffly beaten egg whites. Fold in 1/2 c. whipped cream; add to cooled cranberry mixture; pour into a 9" baked pie shell. Chill until firm.

The best thing to do behind a persons back is to pat it.

OUT OF THIS WORLD PIE from Grit Magazine

Imogene Hamlin
Grandview UMC

1 can cherry pie filling
1 T. cornstarch
1 lg. can crushed pineapple with juice
4 bananas, sliced
2 baked pie shells
3/4 c. sugar
1 t. red food coloring
1 pkg. cherry gelatin
1 c. chopped pecans
whipped topping

Cook pie filling, cornstarch, pineapple, sugar, and coloring until thick; remove from heat and add gelatin. Let cool, then add bananas and pecans. Pour into pie shells; chill; top with whipped topping and serve.

CHOCOLATETOWN PIE
(rich but good)

Hazel Spengler
friend of Parish

1 stick oleo
2 eggs
2 t. vanilla
1 c. Hershey's Semi-Sweet Chocolate Chips
1 8" or 9" pie shell, unbaked
1/2 c. flour
1 c. sugar
1/2 c. ground or chopped pecans

Beat oleo; add eggs and beat well; add vanilla. Then beat in the sugar and flour, which have been mixed together. Fold in chocolate chips and pecans. Bake in 350 degree oven 35-40 minutes until a light golden tan. It has an affect of a crust on top when done.

AMAZING COCONUT PIE

Pearl Ruggles
Tisdale UMC

2 c. milk
1/4 c. oleo
3/4 c. sugar
1 c. Baker's Coconut
1/2 c. Bisquick Mix
1 1/2 t. vanilla
4 eggs

Combine milk, sugar, Bisquick Mix, eggs, oleo, and vanilla in blender; cover and blend on low speed for 3 minutes. Pour into greased 9" pie pan. Let stand 5 minutes, then spread with coconut. Bake in 350 degree oven 40 minutes.

CUSTARD PIE

Pauline Jones
Prairie View UMC

3 eggs
1 1/2 c. milk
nutmeg (a little to sprinkle over top)
pinch of salt
1/2 c. sugar
1/4 t. vanilla

Bake in 300-325 degree oven for 30 minutes. Was a recipe we used at home of my mother Laura Kennedy. Very good!

CREAM PIE FILLING

Vada Whitehill
Prairie View UMC

1/4 c. flour
2/3 c. sugar
1/4 t. salt
2 c. scalded milk
2 egg yolks
3 T. butter
1/2 t. vanilla
1 baked pie shell

Mix flour, sugar, and salt in milk and bring to boil stirring constantly (I use cast aluminum pan for this; my old 4 qt. Presto cooker is my favorite). Then add egg yolks, butter, and vanilla. This is a basic cream pie filling. Add what you like: crushed drained pineapple, or bananas, or nuts, or a few chocolate chips. Pour into baked shell and cover with meringue and brown in 400 degree oven 8-10 minutes.

FUDGE SUNDAE PIE

Tina Chilcott
Atlanta UMC

FIRST STEP. 1/4 c. white syrup, 3 T. oleo, 2 T. brown sugar, 2 1/2 c. Rice Krispies. Combine syrup, brown sugar, and oleo in medium saucepan. Cook over low heat stirring occasionally until it begins to boil. Remove from heat; add cereal, stirring until coated; press in buttered 9" pie pan evenly to form a pie crust.

SECOND STEP. 1/4 c. peanut butter, 3 T. corn syrup, 1/4 c. fudge sauce (for ice cream). Stir together peanut butter, fudge sauce, and corn syrup. Spread 1/2 of this mixture over the pie crust. Freeze until firm.

THIRD STEP. Soften 1 quart vanilla ice cream; spoon into frozen pie crust evenly. Return to freezer until firm. Warm the remaining peanut butter/fudge mixture, drizzle over pie. Let stand at room temperature for 10 minutes, then cut and serve.

LEMON PIE

Martha Bland
Grandview UMC

1 c. sugar
1 c. milk
2 T. flour
3 egg yolks
butter the size of a walnut
1 lemon

Grate the rind of one lemon and squeeze out the juice; add remaining ingredients and bake in crust; when done add a meringue and brown.

JUST OVER THE HILL IS A BEAUTIFUL VALLEY,
BUT YOU MUST CLIMB THE HILL TO SEE IT!

KENTUCKY PECAN PIE

Alene Miller
Tisdale UMC

1 c. white corn syrup
1 c. brown sugar
1/3 t. salt
1/3 c. margarine, melted
1 t. vanilla
3 eggs , slightly beaten
1 c. pecan halves. or pieces

Combine syrup, sugar, salt, margarine, vanilla, and mix. Add eggs. Pour into 9" unbaked pie shell; sprinkle pecans over all. Bake in 350 degree oven 40-45 minutes. Delicious!

PECAN PIE

Marilyn Chilcott
Atlanta UMC

3 eggs
1/2 c. white sugar
1 c. white syrup
1/8 t. salt
1 t. vanilla
1/4 c. melted oleo
1 c. pecans

Mix all together and pour into unbaked pastry shell. Bake in 350 degree oven 50-60 minutes.

PECAN PIE

Carroll Shivers
Grandview UMC

3 eggs
1 c. sugar
1 c. Karo syrup, light or dark
2 t. oleo, melted
1/8 t. salt
1 t. vanilla
1 c. nuts, chopped or whole

Beat the eggs slightly, add remaining ingredients, adding nuts last. Pour into unbaked pie shell and bake in preheated 400 degree oven 15 minutes, then reduce heat to 350 degree for 25-30 minutes.

PERFECT PECAN PIE

Vada Whitehill
Prairie View UMC

3 eggs, slightly beaten
1 T. flour
1 c. light corn syrup
1 t. vanilla
1 c. sugar
1/2 t. salt
1 T. butter, melted
1 c. pecans

Pour into pastry-lined 9" pie pan. Bake in 350 degree oven 40-50 minutes.

Our faith deals with what God says–not what learned men say.

GRANDMA HADLEY'S PECAN PIE

Sue Boling
Grandview UMC

3 eggs
2/3 c. sugar
1/4 t. salt
1 c. dark syrup
1/4 c. oleo, melted
1/2 c. pecans
1 unbaked pie shell

Beat eggs until foamy; add sugar, salt, oleo, and syrup. Pour over nuts in unbaked shell and bake in 350 degree oven about 1 hour.

PINEAPPLE PIE FILLING

Edna Hollingsworth
Atlanta UMC

3/4 c. sugar
1/4 c. cornstarch
1 can 20 oz. crushed pineapple
1 c. whipped cream or Cool Whip
2 T. lemon juice
2 T. butter
2 egg yolks, slightly beaten

In saucepan, combine sugar, cornstarch, and salt and gradually stir in pineapple, lemon juice, and butter; cook over medium heat, stirring constantly until thickened. Gradually add a little of the hot pineapple mixture to egg yolks, then combine with hot pineapple mixture in saucepan. Cook 1-2 minutes more; chill until cold. Fold in whipped cream or Cool Whip; pour in pie shell; chill 2-3 hours before serving.

SWEET POTATO PIE

Carroll Shivers
Grandview UMC

3 c. mashed cooked sweet potatoes
2 eggs
1/2 c. evaporated milk
3/4 c. sugar
1 stick oleo, melted
1 t. vanilla

TOPPING
1/3 c. oleo, melted
1 c. brown sugar
1/3 c. flour
1 c. chopped pecans (or less)

Mix above ingredients together and put in greased baking dish. Mix topping ingredients together and sprinkle over top of sweet potatoes. Bake in 350 degree oven 30 minutes.

TRANSPARENT PIE

Pearl Ruggles
Tisdale UMC

2 eggs
1 c. sugar
1 t. vanilla
part c. of cream
1/2 stick oleo, melted
1 unbaked pie shell

Break eggs in cup, fill with cream; add sugar, and vanilla (and a little dab of flour); mix well. Bake in 350 degree oven 30 minutes or until knife inserted comes out clean.

UPSIDE DOWN PUMPKIN PIE

Dorothy Shannon
Atlanta UMC

FILLING
4 lg. eggs
29 oz. can pumpkin
1 1/2 c. sugar
2 t. cinnamon
1 t. nutmeg
1/2 t. ginger
13 oz. can evaporated milk

TOPPING
1 box yellow cake mix (regular)
1 c. oleo, melted
1 c. chopped nuts

Lightly beat eggs; add remaining ingredients, stir to combine. Pour into ungreased 9"x13" pan. Sprinkle dry cake mix over filling; drizzle oleo over cake mix. Bake in preheated 350 degree oven 30 minutes; sprinkle nuts on top and bake 30 minutes more until brown. Cool completely on wire rack. Serve with Cool Whip.

GRANDMA'S PUMPKIN PIE

Pauline Mosier
Hicks Chapel UMC

(Taste the filling before you add all the spice, then you can have it just as you like it best!)

1 1/2 c. canned pumpkin
1/2 t. salt
1/2 - 1 t. ginger
1/4 - 1/2 t. cloves
1 1/4 c. milk
1 6 oz. can evaporated milk (2/3 c.)
3/4 c. sugar
1 - 1 1/4 t. cinnamon
1/4 - 1/2 t. nutmeg
3 eggs, slightly beaten
1 9" unbaked pastry shell

Combine pumpkin, sugar, salt, cinnamon, ginger, nutmeg, and cloves; blend in eggs, milk, and evaporated milk. Pour into pastry shell (have edges crimped high because amount of filling is generous). Bake in 400 degree oven 50 minutes or until knife inserted halfway between center and edge comes out clean. Cool.

FRESH STRAWBERRY PIE

Willa Jean Oliver
Burden UMC

1 sm. pkg. vanilla pudding, not instant
1 3 oz. pkg. strawberry gelatin
1/2 c. sugar
2 c. water
2 c. sliced strawberries
1 1/2 c. Cool Whip
1 10" baked pie shell
or 2 sm. pie shells

In saucepan, combine pie filling, gelatin, sugar, and water. Cook until thickened. Cool to soft set, then add strawberries and Cool Whip; pour into shell. May use other fruit and gelatin flavors to make other varieties.

GRANDMA ALLEN'S FLUFFY PUMPKIN PIE

Allene Archer
Tisdale UMC

2 c. pumpkin
2 c. sweet cream
1 T. butter
2 eggs
2 T. molasses (to color)
1 c. sugar
1 t. nutmeg
1 t. cinnamon
1/2 t. salt

Heat all ingredients together, except the eggs and 1/2 c. milk. When hot, add the beaten egg yolks, blended with the 1/2 c. milk, stirring quickly until the egg is blended. Cool until cool enough to add the stiffly beaten whites. Pour immediately into pans lined with rich pastry that has been pricked in the center with a fork. Folding in the egg whites insures a delicious, fluffy textured pie. Bake 10-15 minutes in 425 degree oven, then finish baking at 350 degrees about 30 minutes or until knife inserted in the center comes out clean.

DESSERTS

MRS. JOHNSON'S APPLE COBBLER

Wendy Dolsen
Atlanta/Prairie View UMC

3/4 c. sugar
1/2 t. cinnamon
5 c. sliced apples
1 T. butter
2 T. flour
1/4 t. salt
1/4 c. water

Combine sugar, cinnamon, flour, and salt and mix with apples. Sprinkle with water and dot with butter. Cover and bake in preheated 400 degree oven 15 minutes.

1 c. flour
1 1/2 t. baking powder
3 T. shortening
1 T. sugar
1/2 t. salt
1/2 c. milk

Sift flour, sugar, baking powder, and salt. Cut in shortening; stir in milk. Drop by spoonfuls on hot apples and bake uncovered 24-35 minutes.

APPLE CRISP

contributor unknown

Fill greased baking dish half full of sliced unpeeled apples. Mix 1/2 c. of each - brown sugar, white sugar, and flour, 1/2 t. cinnamon, and 1/4 butter. Mix well and sprinkle over apples. Bake in 375 degree oven until apples are done and top is brown.

APPLE PUDDING

Pauline Jones
Prairie View UMC

1/3 c. flour
1 1/4 t. baking powder
1 egg
1/2 c. nuts
small amount of milk to thicken
3/4 c. sugar
1 t. salt
1 c. raw apples
1 t. vanilla

Bake in 350 degree oven. This was my mother's-in-law recipe, Bessie Jones, who lived in Atlanta and later moved to Hill City with the oil work. This recipe has been passed down from generation to generation for many years. These were some of the recipes used when our ancestors came here in the 1870's.

APPLE SQUARES

Imogene Hamlin
Grandview UMC

PASTRY
2 c. flour
1/2 t. salt
2/3 c. shortening
1 T. lemon juice
2 egg yolks
1/4 c. cold water

FILLING
6 apples, cored and thinly sliced
2 T. flour
1 c. sugar
1/2 t. cinnamon
butter or margarine

To prepare pastry, combine salt and flour; cut in shortening with pastry blender until mixture is crumbly. Blend yolks with lemon juice and cold water. Blend into flour mixture. Divide mixture into 2 parts. Roll half to fit bottom and half way up sides of 9"x13"x2" pan. To prepare filling, combine apples with sugar, flour ,and cinnamon; arrange over bottom layer of dough in pan. Dot with butter or margarine. Roll out remaining dough to fit on top of apples. Fold down sides and seal. Make a few slashes in dough with sharp knife to allow steam to escape. Bake in preheated 400 degree oven 40 minutes. **GLAZE**: 1 c. powdered , 1/2 t. vanilla, 2 T. butter, 2 T. milk. Combine glaze ingredients and mix until smooth. Drizzle over warm pastry. Cut into squares to serve warm or cold. Makes 15-18 servings. This recipe was first published in the *Wichita Sunday Fare* October 24, 1982 by Neota Miller of Winfield.

HONEY APPLES

Marilyn Miller
Tisdale UMC

1 c. honey
1/2 c. vinegar (I use 1/4 c. vinegar and 1/4 c. lemon juice)

Peel and core apples. Slice thin. Drop apples a few at a time into simmering honey and vinegar. Skim them out when transparent. Serve chilled or hot with meat as a tart filling or with cream as a dessert.

BANANA SMOOTHIE

Alan Kennedy
Prairie View UMC

Peel bananas; put in a plastic bag and freeze. (This is a good use for bananas that are getting too ripe because they do not continue to ripen or darken in freezer.) Place one frozen banana in the blender along with 2 c. of milk. Flavoring, such as a T. of peanut butter or a dash of nutmeg, may be added. Blend until smooth.

BANANA-PINEAPPLE DELIGHT

Pearl Ruggles
Tisdale UMC

2 sticks oleo
2 c. graham cracker crumbs
2 eggs
2 c. powdered sugar
1 t. vanilla
1 No. 2 can crushed pineapple
5 bananas, sliced
1 lg. Cool Whip
maraschino cherries or peanuts (opt.)

Melt 1 stick oleo, add graham cracker crumbs. Press into 9"x13" pan. Beat together 10 minutes: eggs, 1 stick oleo, and powdered sugar (it will be thick); add vanilla and pour over crust. Add crushed pineapple, then layer of sliced bananas, then Cool Whip. Maraschino cherries and peanuts may be added. Refrigerate 1 hour before serving.

UNCOOKED CHEESECAKE

Ora Parsons
Burden UMC

1 pkg. lemon gelatin
3-4 oz. cream cheese, room temperature
1 t. vanilla
20 full graham crackers
1 c. boiling water
1 c. 2 T. sugar
1 13 oz. can evaporated milk
1 stick oleo, softened

Pour milk in ice cube tray and chill until crystals form 1/2" from edge. Dissolve gelatin in hot water and cool. Whip together cream cheese, 1 c. sugar, and vanilla. Whip chilled milk in largest mixer bowl until peaks form. Add gelatin mixture and then cheese mixture. To prepare graham cracker crust, roll crackers to fine crumbs (I use a plastic bag). Add to 2 T. sugar and shortening and mix. Spread half of crumbs into 9"x13"x2" pan and then spread cheese mixture on top of crumbs. Top with remaining crumbs and chill. May decorate top with nuts or maraschino cherries.

A wise person can sometimes learn from a fool,

as soon as it can be determined which is which.

CHERRY CHEESECAKE

Gretchen Conway
Burden UMC

CRUST
1 c. flour
1 T. brown sugar
1/2 c. margarine
1/2 c. nuts

FILLING
1 8 oz. pkg. cream cheese
1 c. powdered sugar
1 9 oz. whipped topping
1 can cherry pie filling

Blend crust ingredients and spread into 9"x13" pan. Bake in 350 degree oven 10 minutes. Cool. To prepare filling, beat together cream cheese and powdered sugar. Fold in whipped topping. Spread over crust and top with cherries. Chill.

MILNOT MIRACLE CHEESE CAKE

Judy Steinle
Grandview UMC

1 sm. pkg. lemon gelatin
3 T. lemon juice
1 c. sugar
1 lg. can Milnot, whipped (must be cold)
1/2 c. margarine, melted
1 c. boiling water
1 8 oz. pkg. cream cheese
1 t. vanilla
3 c. crushed graham crackers
1/4 c. sugar

Mix graham cracker crumbs, margarine, and sugar and pat into 9"x13" pan and refrigerate. Dissolve gelatin in water, add lemon juice and let cool until gelatin starts to thicken. Cream together cream cheese, sugar, and vanilla; add gelatin and mix well. Fold in whipped Milnot. Pour into crust and refrigerate.

MINI CHEESECAKES

Pearl Ruggles
Tisdale UMC

2 8 oz. pkg. cream cheese
1 egg
3/4 c. sugar
1 t. vanilla

Beat all ingredients 5 minutes with electric mixer. Put 1 vanilla wafer in cupcake wrapper in a cupcake or muffin pan; fill half full with above filling. Bake in 350 degree oven 23 minutes. Cool; dab with whipped cream and put maraschino cherry on top.

CHERRY DESSERT

Margaret Thiel
Tisdale UMC

1 can Eagle Brand Milk
1 can chunk pineapple, drained
1 c. miniature marshmallows
1 can cherry pie filling
1 9 oz. container Cool Whip
1 c. chopped pecans

Mix and chill.

PINEAPPLE CHEESECAKE

Leona Skelton
Tisdale UMC

1 8 oz. pkg. cream cheese
1 lb. 8 oz. can crushed pineapple, drained
1/2 c. sugar
1 c. whipped cream

Beat cream cheese and sugar together; add whipped cream; fold in drained crushed pineapple; pour into a graham cracker crust and freeze. Set out 1 hour before serving.

RAISIN CHEESECAKE

Lela Bannon
Prairie View UMC

1/4 c. golden raisins
1 c. plain lowfat yogurt
1 1/4 c. lowfat cottage cheese
1 T. unflavored powdered gelatin
3 egg whites, room temperature
1/4 c. dark raisins
3 oz. cream cheese
1 t. pure vanilla extract
1/2 c. sugar
1/2 c. lowfat milk

Put raisins in a small bowl and pour 1 c. hot water over them. Puree the yogurt, cream cheese, cottage cheese, vanilla, and 1/4 c. of the sugar in a food processor or a blender. Scrape the cheese mixture into a large bowl. Pour the milk into a small saucepan and sprinkle the gelatin over the milk and let it set until the gelatin softens, about 5 minutes. Heat the milk over medium heat, stirring until the gelatin is dissolved. Stir the milk into the cheese mixture and set it aside. Put the egg whites in a deep bowl; set up an electric mixer as you will need to start beating the egg whites as soon as the sugar is ready. To prepare the Italian meringue, heat the remaining 1/4 c. sugar with 2 T. water in a small saucepan over medium-high heat. Boil the mixture until the bubbles rise to the surface in a random pattern, indicating that the water is nearly evaporated and the sugar is beginning to cook. With a small spoon, drop a bit of the sugar into a cup or bowl filled with ice water. If the sugar dissolves immediately, continue cooking the sugar mixture. When the sugar dropped into the water can be rolled between your fingers into a ball, begin beating the egg whites on high speed. Pour the sugar in a thin steady stream into egg whites. When all the sugar has been incorporated, decrease the speed to medium; continue beating until the egg whites are glossy, have formed stiff peaks and cooled to room temperature - about 10 minutes. Increase speed to high and beat the meringue for 1 minute more. Line an 8" pan with plastic wrap. Drain the raisins and scatter them in the bottom of the pan. Mix about 1/3 of the meringue into the cheese mixture to lighten it. Gently fold in the rest of the meringue, then pour the cheesecake mixture into the lined pan. Chill the cheesecake for 4 hours or overnight. To turn out the cheesecake, invert a serving plate on top of the pan, then turn both over together. Lift away the pan and peel off the plastic wrap; slice and serve.

FRENCH CHERRY DESSERT

Lela Bannon
Atlanta UMC

1 8 oz. pkg. cream cheese, softened
1 lb. graham crackers, crushed
3/4 c. butter or margarine, melted
2 pkg. Dream Whip, prepared, or 1 lg. carton Cool Whip
2 T. sugar
1 1/2 c. powdered sugar
2 cans cherry pie filling

Mix cracker crumbs, butter, and sugar. Press into bottom of 9"x13"x2" pan. Bake in 350 degree oven 8 minutes. Set aside to cool. Mix Dream Whip according to directions, or use Cool Whip. Mix cream cheese and powdered sugar into Whip mixture. Spread over graham cracker crust and top with cherry pie filling. Chill.

FRUIT COBBLER TOPPING

Dorothy Shannon
Atlanta UMC

1 c. sugar
1 c. flour
1/2 t. salt
1 t. baking powder
2 T. oleo
1 egg

Mix all ingredients, except egg, together until crumbly. Beat egg and stir through dry mixture, leaving crumbly. Sprinkle over fruit. Place fruit in casserole (sweeten if necessary -- if apples, sprinkle with cinnamon). Top the fruit with the crumbly mixture. Bake in 350 degree oven 30 minutes or until brown.

CHERRY COBBLER

Edna Hollingsworth
Atlanta UMC

1 c. sugar, scant
1/2 c. milk
1/4 t. salt
1 c. flour
1 t. baking powder
1 can pie cherries

Grease baking dish and pour in dough. Heat cherries with 1 c. sugar and pour on top of dough and bake in 350 degree oven. Cherries raise to top of dough.

QUICK COBBLER

Ruth Miller
Tisdale UMC

1 c. sugar
1 c. flour
2 t. baking powder
1 c. milk
1/8 t. salt
1 stick oleo

Melt oleo in cake pan. Combine remaining ingredients and pour over melted oleo. Do not stir. Pour sweetened fruit and juice over batter. Bake in 375 degree oven 40 minutes.

FRUIT COBBLER

Vera Pearce
Atlanta UMC

3/4 c. sugar
3 T. oleo, melted
1 t. baking powder
dash of salt
1/2 c. milk
1 c. flour
1 c. sugar
1 T. cornstarch
2/3 c. boiling water
fruit enough to cover bottom of 9"x9"x2" pan

Mix the first 6 ingredients in left column well and pour over the fruit in pan. Mix sugar and cornstarch and sprinkle over batter, then pour the boiling water over all. Bake in 350 degree oven 45 minutes.

FRUIT COBBLER

Dee Morland
Burden UMC

1 stick oleo
1 c. sugar
1/2 t. salt
3/4 c. milk
1 c. flour
1/2 t. sugar
2 t. baking powder
4 c. fruit, with juice

Melt margarine in a 9"x13" pan. Mix flour, sugar, salt, baking powder, and milk and pour into margarine. Margarine will float around. Place fruit in pan. Bake in 375 degree oven 40 minutes. (Can use home preserved fruit - frozen or canned.)

AUNT BARBARA'S FRUIT COBBLER

Carol Morris
Burden UMC

1 3/4 c. sugar
1 t. baking powder
1/2 c. milk
1 T. cornstarch
3 T. butter
1/4 t. salt
1 c. sifted flour

Cover the bottom of pan with ANY fruit. Mix 3/4 c. sugar, baking powder, flour, salt, milk, and butter and pour over fruit. Then mix 1 c. sugar with cornstarch and sprinkle over top of all. Then pour over top 2/3 c. of boiling water (decrease the water if your fruit is very juicy). Bake in 375 degree oven 45 minutes (may take 1 hour, depending on fruit).

May we all live our lives in such a way

that we can laugh when we are together and smile when we are alone.

Just be happy with yourself, for God loves you.

SUMMERSAULT COBBLER

Edna Hollingsworth
Atlanta UMC

1 1/2 c. granulated sugar
1/2 c. milk
1 t. baking powder
3 c. fresh berries
3/4 c. boiling water
1/4 c. soft shortening
3/4 c. flour
1/4 t. salt
2 T. oleo

Cream 1/2 c. sugar and shortening; add milk alternately with dry ingredients. Pour batter in greased 8"x8"x2" cake pan. Top with berries; sprinkle with 1 c. sugar mixed with cornstarch; dot with oleo; pour boiling water over berries. Bake in 400 degree oven 30 minutes or until brown.

COCONUT TORTE

Lela Bannon
Atlanta UMC

4 egg whites
1/2 c. nuts
3/4 c. coconut
pinch of salt
1 c. sugar
1 c. graham cracker crumbs
1 t. vanilla

Beat egg whites until almost stiff; add sugar slowly to whites while beating. Fold in nuts, crumbs, coconut, vanilla, and salt and mix thoroughly. Bake in 8"x8" pan in 350 degree oven 25-30 minutes. Cut in squares. Will be crusty on top. Good served with whipped cream.

CRISP TOPPING

Ava Deets
Burden UMC

2 c. flour
1 stick margarine
1 c. brown sugar, packed
1 t. vanilla

Cut in margarine as for pie crust; add vanilla. Sprinkle over fruit, using a 9"x13" pan, and bake in 350 degree oven until fruit is done.

CURRIED FRUIT

Mildred Wesbrook
Tisdale UMC

1 16 oz. can sliced pears
1 16 oz. can pineapple chucks
1 16 oz. can apricots, sliced
1 16 oz. can bing cherries
1 16 oz. can sliced peaches
3/4 c. brown sugar
1 t. curry powder

Drain all fruit. Place in casserole and add brown sugar and curry powder. Bake in 325 degree oven 1 hour. Serves 8-10.

DATE PUDDING

Pauline Miller
Tisdale UMC

1 1/2 c. brown sugar
1 c. white sugar
1 t. baking powder
1 c. dates
vanilla
1 1/2 c. warm water
1 c. flour
1 c. milk
1 c. nuts
salt

Mix brown sugar and warm water and put in baking pan and set aside. Mix remaining ingredients and add to above. Pour gently into brown sugar and water mixture. Bake in 350 degree oven until done.

DATE PUDDING

Clara Hamm
Tisdale UMC

1 c. dates
1 1/2 c. hot water
1/2 c. sugar
2 c. flour
1 c. nuts
1 t. vanilla
2 eggs, separated
1/2 t. salt
1 1/2 T. butter
1 t. soda

Pour hot water over dates and soda. Cream sugar, butter, and egg yolks. Mix with flour and dates. Add beaten egg whites and nuts. Bake in 350 degree oven 30 minutes. Serve warm with whipped cream or topping.

DATE PUDDING

Lela Bannon
Atlanta UMC

1 1/2 c. brown sugar
1 c. sugar
1 c. flour
1/2 c. nuts
1 1/2 c. hot water
1 c. milk
1 c. chopped dates

Mix brown sugar and hot water and put in 9"x13" pan. Mix remaining ingredients well and pour evenly over mixture in pan. Bake in 350 degree oven until done (as for cake). Mom always had this for Christmas dinner as far back as I remember.

BAKED DATE PUDDING

Wendy Dolsen
Atlanta/Prairie View UMC

1 1/2 c. dates
4 T. sweet milk
2 egg yolks
1 c. nuts
3/4 c. sugar
4 T. flour
2 t. baking powder

Fold all of the above into beaten egg whites. Bake in 325 degree oven until done.

DOUGHNUT DROPS

Marilyn Miller
Tisdale UMC

2 c. flour
1/3 c. sugar
3 t. baking powder
1/2 t. salt
oil for frying
1 egg
3/4 c. milk
3 T. oil
1 t. nutmeg

Sift together dry ingredients. Add eggs, milk, and oil. Stir until smooth. Heat 1" oil to 365 degrees. Drop dough by small teaspoons into hot oil. Turn after a few seconds and fry until browned. Remove with slotted spoon. Drain on paper towel. Roll in sugar, powdered sugar or cinnamon-sugar. Makes 3 dozen.

DUMP DESSERT

Wanda Donley
Grandview UMC

1 pkg. yellow cake mix
1 sm. can crushed pineapple, drained
1 stick oleo
1 can cherry pie filling
1 c. chopped pecans

Grease 9"x13" pan. Layer 1/2 pkg. cake mix, pie filling, pineapple, 1/2 pkg. cake mix, pecans, and oleo, sliced on top. DO NOT STIR. Bake in 350 degree oven 1 hour.

EASY DESSERT

Phyllis Nichols
Tisdale UMC

1 pkg. yellow cake mix
1 20 oz. can crushed pineapple
whipped cream or whipped topping
1 can coconut cream
nuts, opt.

Bake yellow cake according to directions on box. When done, poke holes in cake with fork and pour coconut cream over all; then spread over this crushed pineapple. Top with whipped cream. Nuts may be sprinkled over all. I bake this in a large lady baltimore pan. This freezes well.

ICE BOX FRUIT CAKE

Lela Bannon
Atlanta UMC

1 sm. box vanilla wafers
1 lg. jar maraschino cherries, chopped
1 box raisins
1 box coconut
1 can Eagle Brand Milk
1 qt. pecans

Crush wafers fine; add coconut, raisins, pecans, and chopped cherries; add milk and mix thoroughly. Put in pound angel food cake pan. Let set 1 hour in refrigerator before serving. Wrap in foil to store.

FOUR LAYER DELIGHT

Edna Hollingsworth
Atlanta UMC

FIRST LAYER: Melt 1 stick oleo, 1 c. flour, and 1/2 c. nuts. Pat into bottom of pan. Bake in 350 degree oven 15 minutes. Cool.

SECOND LAYER: 1 sm. pkg. cream cheese, 1 c. powdered sugar, 1 c. Cool Whip. Mix together and spread over first layer.

THIRD LAYER: 1 lg. pkg. instant chocolate pudding. Use 1 3/4 c. milk with it. Beat as directed. Spread over second layer.

FOURTH LAYER: Take remaining Cool Whip of a large carton and spread over chocolate pudding and sprinkle with nuts. Keep refrigerated.

FOUR LAYER DESSERT

Imogene Hamlin
Grandview UMC

FIRST LAYER: 1 1/2 c. flour, 1 1/2 stick oleo, melted, 1/2 c. nuts. Mix and press into a 11"x17" pan. Bake in 350 degree oven 20 minutes. Cool.

SECOND LAYER: 8 oz. pkg. cream cheese, softened, 1 c. powdered sugar, 2 c. Cool Whip. Mix and spread over cooled crust.

THIRD LAYER: 2 pkg. instant pudding -1 chocolate and 1 butterscotch 3 c. milk. Prepare pudding and pour over cream cheese mixture.

FOURTH LAYER: Cover with Cool Whip and refrigerate. Can use sugar free pudding.

GLAZED FRUIT

Judy Steinle
Grandview UMC

1 16 oz. peaches, drained, save juice
1 lg. can chunk pineapple, drained, save juice
1 lg. jar maraschino cherries, drained
2 sm. cans mandarin oranges, drained
3 sliced bananas
1 pkg. vanilla pudding mix, not instant

Use juice from pineapple and peaches and add water to make 2 c. Add pudding mix. Bring to a boil; boil until clear. Cool and pour over fruit. Chill. Goes well with angel food cake or sugar cookies.

A GOOD WAY TO FORGET YOUR TROUBLES
IS TO HELP OTHERS OUT OF THEIRS!

HEAVENLY HASH

Vera Pearce
Atlanta UMC

1 sm. can crushed pineapple
2 doz. marshmallows, diced
1/2 c. chopped nuts
1 carton Cool Whip

Mix all ingredients together . This can be varied by using bananas.

ICE BOX PUDDING

Dorothy Shannon
Atlanta UMC

1 pkg. lemon Jello
2 c. crushed pineapple, drained
1/2 c. chopped nuts
2 c. water
2 c. whipped cream or Cool Whip

Prepare Jello with water and chill until slightly thickened. Add pineapple, nuts, and cream to thickened Jello. Put a layer of crushed vanilla wafers in a dish; add pudding mixture and top with vanilla wafer crumbs. Chill.

JELLO CAKE

Marjorie Kadau
Tisdale UMC

1 pkg. Jello
3/4 c. hot water
1 pkg. instant vanilla pudding
Cool Whip
1 pkg. white cake mix
1/2 c. cold water
1 1/2 c. milk

Mix Jello with hot water; stir in cold water and set aside. Bake cake mix in 9"x13" pan and cool 20-25 minutes. Poke holes with meat fork and pour cooled Jello over cake slowly. Mix pudding with milk and spread over cake. Chill. Frost with Cool Whip.

LATIYA

Marilyn Bunyan
from Barringada, GUAM, formerly Tisdale UMC
(I saw an article in Sunflower Seeds about cookbook)

Slice or tear any sponge or pound cake into pieces. Line a tray or casserole dish with the pieces. Cover with favorite cornstarch or custard pudding. Sprinkle with cinnamon or can be topped with well-drained fruit cocktail. Chill.

Many people doubt their ability,

but few have any doubts about their importance.

LUSH DESSERT

Dorothy Shannon
Atlanta UMC

CRUST: 1 c. flour, 1/2 c. chopped nuts, 1/2 c. soft oleo. Cut oleo into flour and add nuts; press in 9"x13" baking dish and bake in 350 degree oven 15 minutes. Cool.

FIRST FILLING: 1 8 oz. pkg. cream cheese, soft, 1 c. powdered sugar, 1 c. Cool Whip. Mix well and spread over crust.

SECOND FILLING: 2 sm. pkg. instant pudding, any flavor, 3 c. milk. Mix pudding and milk and spread over cream cheese mixture.

TOP LAYER: 2 c. Cool Whip. Spread Cool Whip. Garnish with nuts. Chill.

MARSHMALLOW ROLL

Vera Pearce
Atlanta UMC

1 lb. marshmallows
1 lb. dates
1 c. chopped English walnuts
1 c. Cool Whip
24 graham crackers, crushed

Chop marshmallows and dates. Add nuts, cracker crumbs, and Cool Whip. Roll up and keep in refrigerator. Slice and serve with topping.

MISSISSIPPI MUD

Cathy Hamlin
Grandview UMC

2 sticks oleo, melted and cooled
1 1/2 c. flour
1/2 c. cocoa
4 eggs, well beaten
1/4 t. salt
2 c. sugar

Mix oleo and eggs and stir in dry ingredients. Pour into greased 9"x13" pan and sprinkle 1 c. chopped pecans on top. Bake in 350 degree oven 25-30 minutes. Remove from oven and sprinkle with 1 small bag miniature marshmallows; press them down. Have icing ready to spread immediately. **ICING**: 1 box powdered sugar, 1/2 c. evaporated milk, 1/2 t. vanilla, 1/2 stick oleo, and 1/3 c. cocoa.

PEPPERMINT DESSERT
(excellent Christmas dessert)

Sue Simmons
Tisdale UMC

2 c. whipping cream, whipped stiff
3/4 pkg. miniature marshmallows
1 c. crushed peppermint sticks
vanilla wafers, crushed

Line 6"x11" or 8"x8" pan with crushed vanilla wafers. Fold together whipped cream, crushed peppermint, and marshmallows and pour over crushed vanilla wafers. You may sprinkle remaining vanilla wafers on top. Chill.

RASPBERRY PRETZEL DESSERT

Cathy Hamlin
Grandview UMC

(recipe from Cindy Scholfield)

2 c. crushed pretzels
3 T. sugar
1 8 oz. pkg. cream cheese
2 c. miniature marshmallows
2 1/2 c. boiling water
3/4 c. oleo, melted
1/2 c. powdered sugar
1 lg. carton Cool Whip
1 6 oz. pkg. raspberry gelatin
1 10 oz. pkg. frozen raspberries

Mix pretzels, sugar, and oleo and spread in 9"x13" pan and bake in 350 degree oven 15 minutes. Cool. Mix powdered sugar and cream cheese. Fold in Cool Whip and marshmallows. Spread on cooled crust and let set until firm. Dissolve gelatin in boiling water; add frozen raspberries and chill until slightly thickened. Spread on top of cream cheese mixture and chill.

STRAWBERRY PRETZEL DESSERT

Sue Simmons
Tisdale UMC

1 1/2 c. crushed pretzels
1/2 c. oleo, melted
2 c. boiling water
1 lg. pkg. strawberry gelatin
2 10 oz. pkg. frozen strawberries
2 pkg. Dream Whip
1 c. milk
1 t. vanilla
1/2 c. sugar
2 sm. pkg. cream cheese

Mix pretzels and oleo together and spread in the bottom of a 9"x13" pan. Bake in 400 degree oven 8-10 minutes. Cool. Dissolve gelatin in boiling water. Add frozen strawberries and place in refrigerator until softly jelled. Meanwhile, prepare the Dream Whip with the milk and vanilla as directed on package. Add the sugar and cream cheese and whip these together. When crust is cooled, spread with cream cheese mixture and then add strawberry gelatin. Refrigerate until firm. Serves 15 large portions.

STRAWBERRY DESSERT

Carroll Shiver
Grandview UMC

FIRST LAYER: 2 c. crushed pretzels, 1/2 c. melted margarine, 1/2 c. sugar. Mix and press into 9"x13" pan. Bake in 350 degree oven 10 minutes. Cool.

SECOND LAYER: 1 8 oz. pkg. cream cheese, 1 c. sugar, 1 lg. carton Cool Whip. Mix cream cheese and sugar. Fold in Cool Whip and spread over first layer after cooled.

THIRD LAYER: 2 3 oz. pkg. strawberry gelatin, 2 c. boiling water, 2 10 oz. pkg. frozen strawberries. Dissolve gelatin with boiling water; add frozen strawberries and let stand to syrup stage; pour over second layer. It's a good idea to fix the third layer first. It's usually set by the time you get the other 2 layers done.

RICH PUDDING CAKE

Pauline Jones
Prairie View UMC

1 pkg. graham cracker crust crumbs
1/3 c. sugar
1 lg. pkg. instant vanilla pudding
Cool Whip
1-3 t. instant coffee
1 stick oleo
cinnamon
2 c. half 'n half
nuts

Mix cracker crumbs (save some to sprinkle on top of Cool Whip), sugar, oleo, and cinnamon and spread in bottom of 9"x13" pan and refrigerate. Mix pudding and half 'n half. Use wire mixer for 1 minute. Mix half 'n half and instant coffee. Set for 5 minutes. Fold in 2-3 c. Cool Whip and spread on crumb mixture. Spread Cool Whip on top; add nuts and cracker crumbs. Marilyn Shere's recipe served at the Newton Memorial Hospital.

PUMPKIN CRUNCH

Dee Morland
Burden UMC

BOTTOM CRUST
1 c. flour
1/2 c. brown sugar
1/2 c. quick oats
1/2 c. butter
TOPPING
2 T. butter
1/2 c. brown sugar
1/2 c. chopped nuts

FILLING
1 16 oz. can pumpkin
1 13 oz. can Pet Milk
2 eggs
3/4 c. white sugar
1/2 t. ginger
1 t. cinnamon
1/4 t. cloves

Mix crust ingredients until crumbly. Press into 9"x13" pan and Bake in 350 degree oven 15 minutes. Beat filling ingredients well and pour over crust. Bake 7-8 minutes. Mix topping ingredients and sprinkle over filling. Bake until set in 350 degree oven.

PUMPKIN ROLL

Carroll Shivers
Grandview UMC

3 eggs
1 c. sugar
2/3 c. pumpkin
1 t. lemon juice
3/4 c. flour
powdered sugar (to roll)
1 t. baking powder
2 t. cinnamon
1 t. ginger
1/2 t. nutmeg
1/2 t. salt
1 c. finely chopped pecans

Beat eggs for 5 minutes; gradually beat in sugar; add pumpkin and lemon juice; fold dry ingredients into pumpkin. Spread in greased and floured 10"x15"x1" pan. Sprinkle pecans on top and bake in 375 degree oven 15 minutes. Take tea towel and sprinkle powdered sugar on it. Turn out on towel and roll towel up. Refrigerate to chill. **FILLING**: 1 c. powdered sugar, 2 3 oz. pkg. cream cheese, 4 T. margarine, 1/2 t. vanilla. Mix and spread on cake; roll up again and chill. Slice to serve.

PUMPKIN DESSERT

Hazel Spengler
friend of Parish

(very good and rich)

FIRST LAYER

1 c. flour
1/2 c. chopped pecans
1/2 c. oleo

SECOND LAYER

8 oz. cream cheese
1 c. Cool Whip
1 c. powdered sugar

THIRD LAYER

1 c. pumpkin
1/2 c. sugar
2 T. flour, heaped
2 eggs
2 sm. box vanilla pudding, not instant
1 t. cinnamon
dash of nutmeg
1 t. vanilla
4 c. milk

Mix first layer ingredients together and press in a 9"x13" cake pan. Bake in 350 degree oven 15 minutes. Cool. Mix well all second layer ingredients and spread on first layer. Beat all third layer ingredients together well; cook until thick. Stir occasionally until cool. Pour over layers in cake pan and top with Cool Whip.

SCALLOPED RHUBARB

Vada Whitehill, Prairie View UMC
Ruth Miller, Tisdale UMC
Maxine Wadsack, Prairie View UMC

3 c. stale bread (no crusts; dice bread in 1/2" pieces)
2 c. diced uncooked rhubarb (1" pieces)
1 c. sugar
1 stick oleo or butter, melted

Add bread to butter; mix well. Add sugar and rhubarb; mix well. Put into oblong greased pan. Put 1 T. of water in each corner of pan. Bake 325 degree oven 45 minutes. Serves 6.

GOOD SHORTCAKE

Cathy Hamlin
Grandview UMC

3 c. flour
1 c. sugar
1 t. salt
1 T. baking powder
1 stick oleo
1 c. milk
1 1/2 t. vanilla

Sift dry ingredients; cut in oleo. Mix milk and vanilla together and stir into dry ingredients just to moisten. Pat out on greased cookie sheet. Bake in 475 degree oven 15-20 minutes. Cool and serve with sweetened fruit and whipped cream.

MAMA'S STRAWBERRY SHORTCAKE

Hilma Eastman
Tisdale UMC

3 c. flour
1 c. sugar
1 c. butter
3 t. baking powder
1 c. sweet milk

Mix flour, sugar, butter, and baking powder together. Remove 1 c. of the crumbly mixture. Add milk to remaining crumbly mixture. Spread batter in pan. Add cup of crumbs to top. Bake in 325 degree oven approximately 20 minutes or until done.

TEXAS CREME DELIGHT

Ruth Miller
Tisdale UMC

FIRST LAYER
1 c. flour
1/2 c. crushed pecans
1/2 c. melted butter
SECOND LAYER
1 c. powdered sugar
1 8 oz. pkg. cream cheese
1 1/2 c. Cool Whip
THIRD LAYER
1 3 oz. pkg. instant chocolate pudding
1 3 oz. pkg. instant vanilla pudding
3 1/2 c. milk
FOURTH LAYER
Cool Whip
grated chocolate, opt.

Mix first layer and press into 9"x13" pan and bake in 350 degree oven 15 minutes; cool. Mix second layer ingredients with mixer and spread on first layer. Beat third layer ingredients until smooth and spread on second layer. Spread Cool Whip on third layer, then grated chocolate.

THICKENED MILK

Pauline Jones
Prairie View UMC

4 eggs
a little salt
cream
1-2 c. flour
milk, as needed
sugar

Mix eggs, flour, and salt with your hands to a dry, coarse mixture. Next, add milk, as needed, to make the finished product as smooth as pudding, but maybe a bit lumpy. When finished, add cream "as we did in those days due to the cow's milk and cream was plenty on hand". You add sugar to this pudding and eat. This was our main dessert of our main meal in those days of a family of 5 people. Farmers had plenty of eggs, cream, milk, butter and homemade bread in those days. Store-bought items were not heard of. This is a recipe of my mother's Laura Kennedy as I remember when I was growing up. In the 1930's she often made this recipe on top of the wood-burning stove. This stove was the heating stove in the kitchen where we ate our meals. The stove kept us warm throughout the house and cooked on it as well.

WAIKIKI DESSERT

Lela Bannon
Atlanta UMC

1 c. boiling water
1 13 oz. can pineapple tidbits
2 c. prepared whipped topping
2 8 oz. pkg. Quaker Instant Grits
1 banana

Pour water over instant grits, stirring to blend well. Cool to lukewarm. Drain pineapple, reserving juice. Slice banana and dip into pineapple juice; discard juice. Fold prepared whipped topping into grits mixture. Lightly fold in banana slices and all but 8 pieces of pineapple. Spoon into dessert dishes. Chill. To serve, garnish each serving with a red maraschino cherry and two pieces of pineapple.

FROZEN DESSERTS

FROZEN DESSERT

Twila Archer
Tisdale UMC

FIRST LAYER: 1 c. flour, 1 stick oleo, 1/2 c. nuts. Mix and put in bottom of pan and bake in 350 degree oven 20 minutes.

SECOND LAYER: 1 8 oz. pkg. cream cheese, 1 c. powdered sugar, 1 1/2 c. Cool Whip. Mix and place on top of first layer.

THIRD LAYER: 1 pkg. instant chocolate pudding, 1 pkg. instant vanilla pudding, 3 c. milk. Mix and stir until thick (can use egg beater). Place on top of second layer.

FOURTH LAYER: Cool Whip, shaved chocolate or chopped nuts. Spread with Cool Whip and sprinkle with nuts or chocolate. Freeze. Take out of freezer an hour before serving.

FROZEN FRUIT

Phyllis Brothers
Tisdale UMC

1 12 oz. frozen orange juice
1 No. 2 1/2 can apricots, drained & cut up
1 sm. can crushed pineapple with juice
12 oz. water
6 bananas cut up

Mix and fill 36 paper-lined muffins cups. Freeze. Store in freezer container. Serve as frozen dessert or salad.

They who have no fire in themselves cannot warm others.

FROZEN CHRISTMAS DESSERT

Cleo Brooks
Burden UMC

1 can cherry pie filling
1 13 oz. can pineapple tidbits
1/2 t. pineapple flavoring
1 can Eagle Brand Milk
1/2 t. cherry flavoring
4 c. Cool Whip

Mix cherry filling, pineapple tidbits, milk, and flavorings; fold in Cool Whip. Freeze in 9"x13" pan.

FRUIT ICE

Ava Deets
Burden UMC

2 c. mashed bananas
1 No. 303 can crushed pineapple
1 c. sugar or sweetener equal to 1 c.
juice of 1 lemon
1/8 t. salt

Freeze until mushy. Put in blender and blend until fluffy. Return to freezer or serve immediately.

ICE CREAM CRUNCH

Phyllis Brothers
Tisdale UMC

1 pkg. German chocolate cake mix
1/2 c. brown sugar, packed
1/2 gal. maple nut, butter pecan or butter brickle ice cream
3/4 c. butter or oleo, softened
1 c. chopped nuts

Mix cake mix (dry), butter, sugar, and nuts with pastry blender or fork until crumbly. Spread mixture in ungreased 10"x15"x1" pan and bake in preheated 400 degree oven about 12 minutes. Mixture will soften and spread together while baking. Remove from oven; stir with fork until crumbly. Mixture should crumble easily, but if crumbs are very moist, return to oven 1-2 minutes; stir again. Cool completely. Stir again to break up any large pieces. Soften ice cream. Divide crumb mixture into 2 parts. Sprinkle half in ungreased 9"x13" pan; spread with ice cream; sprinkle remaining crumbs over top and cover with foil or plastic wrap and freeze about 4 hours. 9-12 servings.

MILKY WAY ICE CREAM

Dee Morland
Burden UMC

2 cans Eagle Brand Milk
milk
1 t. vanilla
4 Milky Way Candy Bars, chopped into pieces

Melt in double boiler Eagle Brand Milk and candy bars. Pour into ice cream freezer and add milk up to the fill line. Add vanilla and freeze.

ICE CREAM SUNDAE PIE

Leona Skelton
Tisdale UMC

3 pts. vanilla ice cream
3 T. creme De menthe
3 c. chocolate wafer crumbs
1/2 c. fudge sauce
1/3 c. soft oleo
1 c. whipped cream
1/4 c. chopped nuts

Pour creme De menthe over ice cream, stir and swirl; freeze. Mix crumbs and butter; put in 9" pie pan and chill 1 hour. Fill shell with ice cream; pour fudge sauce over it and freeze. Before serving, garnish with whipped cream, sprinkle with nuts. Serves 8.

COFFEE ICE CREAM PIE

Leona Skelton
Tisdale UMC

6 Heath Candy Bars, crushed fine
3 T. flour
1/2 gal. vanilla ice cream
1/2 - 1 c. coconut
2 T. melted oleo
1/8 - 1/4 c. dry instant coffee

Mix candy bars with coconut, flour, and oleo; press into pie plate and bake in 325 degree oven 5 minutes. Remove and cool in refrigerator. Mix ice cream and coffee and put in pie shell and freeze. (May use coffee ice cream.) Cut in wedges and top with Hershey Syrup, caramel, or butterscotch topping, Cool Whip and cherry.

MILE HIGH DESSERT

Hazel Spengler
friend of Parish

CRUST
1/4 c. brown sugar
1 c. flour
1/2 c. oleo
1/2 c. nuts
FILLING
1/2 c. sugar
1 10 oz. pkg. frozen strawberries, thawed
2 egg whites
1 c. Cool Whip

Mix crust ingredients thoroughly and press into 9"x13" pan and bake 15 minutes. Cool and crumble. Put crumb mixture in bottom of 9"x13" pan (save some for top). Combine filling ingredients, except Cool Whip, in large bowl and beat for 20 minutes. (Be sure to beat 20 minutes.) Fold in Cool Whip and pour over crumb mixture; sprinkle remaining crumbs over the top. Freeze overnight. Serve from freezer.

Courtesy costs nothing, yet it buys things that are priceless.

PEPPERMINT/CHOCOLATE DESSERT

Leona Skelton
Tisdale UMC

Oreo Cookies
Hershey's Hot Fudge Sauce
peppermint ice cream
Cool Whip

The amounts vary with size of dish of the amount wanted. For a 9"x13" pan, approximately 1 1/2 rows of pkg. of Oreos crushed in blender, filling and all; add melted oleo and pat mixture in dish for crust. Spread or cut ice cream (1/2 gallon) over cookie crumbs. Spoon and gently spread the hot fudge sauce over ice cream. Cover generously with Cool Whip. Freeze until ready to serve.

STRAWBERRY ICE CREAM

Marian Hedges
Burden UMC

3 slightly beaten eggs
1 can Eagle Brand Milk
2 10 oz. bottles strawberry pop
1 10 oz. pkg. frozen strawberries, thawed
1/2 c. sugar
2 c. light cream
1 t. vanilla

Combine all ingredients; mix thoroughly. Freeze in ice cream freezer according to manufacturer's directions. Let ripen. Makes 2 quarts.

STRAWBERRY POP ICE CREAM

Leona Skelton
Tisdale UMC

2 can Eagle Brand Milk
40 oz. strawberry pop
1 lg. box frozen strawberries

Mix and put in freezer container and freeze.

CHRISTIANITY, LIKE A WATCH, NEEDS TO BE WOUND REGULARLY
IF IT IS TO BE KEPT RUNNING.
REGULARLY ATTEND THE CHURCH OF YOUR CHOICE!

This & That

Potpourri

Vinegar can remove spots caused by tomatoes. Soak spot with vinegar and wash as usual.

To freshen your dishwasher run it on rinse with some baking soda.

Drops of oil of cinnamon, cotton balls soaked in your favorite perfume or disinfectant will leave room smelling fresh after you vacuum.

Things to keep in the kitchen: a ruler, scissors, small hammer, flashlight, candle and matches, and tape.

Egg whites need to be room temperature for greater volume when whipped.

To freeze eggs: Spray ice cube trays with oil. Beat eggs and add ¾ teaspoon sugar and ¼ teaspoon salt for every ½ dozen. Pour into trays and freeze firm. Store in airtight containers in freezer. One cube equals one egg.

A leaf of lettuce dropped into the pot absorbs the grease from the top of the soup. Remove the lettuce and throw it away as soon as it has served its purpose.

Use steel wool covered with fabric for a pin and needle sharpener.

Attach curtain rings on drawstring ties and the ties won't come out.

Separate 2 glasses by filling the inside one with cold water and setting the other in hot.

Have you heard: A wife can throw out with a spoon what it takes a man to bring in with a shovel! Use of a spatula can save some hard earned money.

Old Amish Proverb: Eat it up, wear it out, make it do, or do without!

Organize coloring books and crayons with a dish drainer.

For quick and handy seasoning while cooking, keep on hand a large shaker containing six parts of salt and one of pepper.

Line crockpot with foil for easy clean up.

Measure shortening easily by using measure twice the size needed. Pour in equal amount of very cold water and drop shortening in by spoonfuls to twice the measure.

Before scalding milk, rinse pan with cold water for easy clean up.

"MAKE YOUR OWN" RECIPES

HOMEMADE CAKE FLOUR

Pauline Jones
Prairie View UMC

2 c. all-purpose flour minus 2 T.
2 T. cornstarch
2 t. baking powder

Mix well. Have used this many times for angel food cakes.

SWEETENED CONDENSED MILK

Ruth Miller
Tisdale UMC

1 c. instant dry milk solids
1/3 c. boiling water
2/3 c. sugar
3 T. butter or margarine, melted

Combine all ingredients in container of electric blender; process until smooth. Store in refrigerator until ready for use. Yields about 1 1/4 c. (Substitute for 1 can Eagle Brand Condensed Milk.)

SWEETENED CONDENSED MILK

Vada Holt
Prairie View UMC

1 c. 2 T. instant dry milk
3/4 c. sugar
1/2 c. warm water

Mix dry milk and water well; set in pan of hot water and stir in sugar until dissolved. This is equal to a 14 oz. can of sweetened condensed milk.

PAM COATING

Ava Deets
Burden UMC

1/2 c. solid shortening
1/2 c. flour
1/2 c. cooking oil

Beat all together and store in refrigerator. Coat cake pans with this mixture. Much easier than greasing and flouring.

NEVER SUBSTITUTE

Oil for solid shortening of any kind or vice versa
Anything for eggs
Brown sugar or granulated sugar for powdered sugar
Synthetic sweeteners for sugar in cookies or frostings
Any other liquid for sweetened condensed milk

SUGAR-FREE RECIPES

INSTANT HOT COCOA MIX

Ruth Ann Smith
Tisdale UMC

1 lb. pkg. nonfat dry milk
3/4 c. unsweetened cocoa
1/4 t. salt

Sift dry milk, cocoa, and salt together twice. Place in tightly covered container to store. Use about 1/3 c. mixture for 1 c. hot water. Add Equal to taste.

FRUIT-SWEETENED CHEESECAKE

Wanda Donley
Grandview UMC

PASTRY

1 egg yolk
1 c. flour
1 t. nutmeg
1/4 c. milk
1/2 t. baking powder

FILLING

4 eggs
2 c. blended fruit (apple, pear, pineapple or peach)
3 T. flour
1 t. lemon juice
2 t. vanilla
2 c. cottage cheese

TOPPING

3 c. chopped apples
lemon juice
1/2 c. chopped walnuts
2 T. cornstarch
cinnamon and nutmeg to taste

To prepare crust, beat together egg yolk and milk. Add flour, baking powder and nutmeg. Blend well. Pat evenly into the bottom of an oiled 9" spring-form pan. To prepare filling, whip all ingredients in a blender. Pour into pan and bake in 350 degree oven 1 hour and 25 minutes. Turn off oven and leave to cool with door slightly open. To prepare topping, put half of the chopped apples in a blender with cornstarch; add lemon juice and spices to taste. Pour in top of double boiler; stir and cook until thickened. Add remaining fruit and cook until tender. Cool and spread pudding over cheesecake and refrigerate until serving. Put nuts on top. Serves 8.

A Christian is a living sermon, whether or not he preaches a word.

SUGAR-FREE STRAWBERRY SALAD

Jan Wheeler
Tisdale UMC

2 pkg. sugar-free strawberry gelatin
2 c. boiling water
2-3 bananas, mashed
1 can crushed pineapple
2 pkg. frozen strawberries
sour cream

Dissolve gelatin in boiling water and pour over frozen strawberries. Add pineapple and bananas. In 9"x13" pan, put 1/2 of gelatin and fruit mixture and let set. When set, spread sour cream over first layer; then pour remaining gelatin and fruit mixture over second layer.

RASPBERRY COTTAGE CHEESE

Jan Wheeler
Tisdale UMC

1 carton sm. curd cottage cheese
1 pkg. sugar-free raspberry gelatin
1 c. whipping cream
1/2 c. nuts
1 can crushed pineapple, drained
2 pkg. Equal

Whip cream with Equal. Mix well all remaining ingredients. (Any flavor of gelatin and different sugar-free canned fruits will work.)

SUGAR-FREE HOMEMADE ICE CREAM

Jan Wheeler
Tisdale UMC

2 13 oz. cans evaporated milk
3 c. whole milk
2 T. vanilla extract
4 T. sugar replacement
(if using Equal, 36 pkt.)
6 eggs, well beaten

Combine evaporated milk and sugar replacement. Beat well until sugar is dissolved. Add whole milk and vanilla extract; beat well. Add eggs; beat eggs into milk mixture vigorously. Pour into ice cream maker. Add milk to fill line. Freeze according to manufacturer's directions. Yield 16 servings. Calories: 1 serving 122.

SUGARLESS BANANA SPLIT CAKE

Susan Nettrouer
Tisdale UMC

8 crushed graham crackers
8 oz. drained crushed pineapple
1 pkg. sugar-free vanilla pudding
1-2 bananas
2 pkg. Equal
4 t. oleo
1 c. whipping cream (whipped and sweetened with 2 pkg. Equal)

Mix graham cracker, oleo and Equal; mix well. Put in 8" pie pan. Prepare pudding, pour over crackers, slice bananas over pudding. Next add drained pineapple; top with whipped cream. Optional: 1/4 c. chopped pecans; 1/4 c. maraschino cherries. Refrigerate.

SUGAR-FREE HOMEMADE VANILLA ICE CREAM

Ruth Ann Smith, Tisdale UMC

36 pkts. Equal
1 1/2 T. vanilla
1 pkg. instant sugar-free vanilla pudding
whole milk, about 1/2 gallon
4 eggs, well beaten
2 13 oz. cans evaporated milk

Beat eggs well with Equal; mix in about 3 c. whole milk; add pudding mix and beat well. Add vanilla and evaporated milk. Pour into ice cream maker and add whole milk to fill line. Freeze according to manufacturer's directions. Makes 1 gallon. **BLACK WALNUT ICE CREAM**: Instead of 1 1/2 T. vanilla, use 1 T. vanilla and 1 t. black walnut flavoring; add 1 c. finely chopped black walnuts and freeze. (For those who prefer to have a cooked recipe, I sometimes bring 4 c. milk to a boil and add in beaten eggs and 2 T. cornstarch and boil for about 1 minute. Chill and follow previous directions.)

DELICIOUS CHOCOLATE SUGAR-FREE DESSERT

Jan Wheeler Tisdale UMC

FIRST LAYER: Mix 1 c. flour, 1/2 c. chopped nuts and 1 stick oleo. Press into greased 9"x13" dish and bake in 350 degree oven 15 minutes. Cool.

SECOND LAYER: Cream an 8 oz. pkg. cream cheese. Fold in 1/2 c. whipped cream (1 c. whipping cream sweetened with 2 pkg. Equal). Spread over first layer.

THIRD LAYER: 2 3 oz. boxes sugar-free chocolate pudding mixed with 3 c. milk and cooked according to instructions on box. (Instant pudding may be substituted; following instructions on box.) If using cooked, cool. Spread over second layer; chill. Top with remaining whipped cream and 3/4 c. coconut (opt.).

DIABETIC JELLO

Helen Houghton Tisdale UMC

1/2 t. Kool-Aid, desired flavor
1 t. plain gelatin dissolved in 1 T. water
1 t. sweetener - Sugar Twin or Sweet and Low

Dissolve all above in 1 c. hot water or diabetic fruit juice. When cool add fresh or diabetic sweetened fruit.

WHEN CHRISTIANS FEEL SAFE AND COMFORTABLE,
THAT IS WHEN THE CHURCH IS IN ITS GREATEST DANGER.

SUGARLESS COOKIES

Susan Nettrouer
Tisdale UMC

1 c. oatmeal
1 c. flour
1 t. soda
1/2 t. cinnamon
1/2 t. nutmeg
1/4 t. salt
1/2 c. chopped apple
1/2 c. dates
3/4 c. raisins
1/3 c. water, or more
1/4 c. margarine
1/2 c. chopped nuts

Boil fruit and water 3 minutes. Add 1/4 c. margarine; let melt. Cool, put in blender and liquify. Pour into mixing bowl. Add nuts and rest of dry mixture. Blend well. Cover and refrigerate overnight. Drop from spoon and bake in 350 degree oven 12-15 minutes. (Oats may be left out and use more flour.)

SUGAR-FREE OATMEAL COOKIES

Susan Nettrouer
Tisdale UMC

12-14 pkg. Sweet & Low (2 T.)
1 stick oleo
1/2 c. BROWN SUGAR TWIN
1 t. vanilla
1 1/2 c. minutes oats
1/2 t. soda
1/2 c. nuts
1/8 t. nutmeg
1 c. cooked raisins
3/4 c. flour
1/2 t. salt
1/8 t. cinnamon
1/8 t. cloves

Mix thoroughly. Drop by spoonful on cookie sheet and bake in 350 degree oven 12-15 minutes. (Raisins and nuts may be omitted.)

DIABETIC OATMEAL COOKIES

Julie Moore
Burden UMC

1 c. raisins
1/2 c. chopped apples
1/2 c. chopped dates
1 c. water
1/2 c. shortening
2 eggs
1 t. vanilla
dash of salt
1 t. soda
1 c. flour
1/2 c. pecans
1/2 c. oatmeal
2 t. sweetener

Boil raisins, dates, and apples for 2 minutes. Do not drain. Add shortening and cool. Add beaten eggs, nuts, and oatmeal. Mix well. Add remaining ingredients and mix well. Refrigerate several hours until thoroughly chilled. Drop by teaspoonful on a well-greased cookie sheet and bake in 350 degree oven 8-10 minutes.

NO-SUGAR COOKIES

Marjorie Kadau
Tisdale UMC

1/4 c. water
1 t. soda
1 t. vanilla
1/2 stick butter or oleo
1 c. flour
1/2 t. salt
1 c. oatmeal
fruit (dates, raisins, apples)

Boil fruit with water and add butter; cool. Mix fruit mixture together with remaining ingredients and bake in 300 degree oven 10-12 minutes.

FRUIT AND NUT SQUARES (sugar free)

Lela Bannon
Atlanta UMC

1 c. sifted flour
1/2 t. ground cinnamon
1/2 c. ea. chopped prunes and dates
1/2 c. regular margarine or butter
1 t. vanilla
1 t. baking soda
1 c. water
1/2 c. raisins
2 eggs beaten
1/2 c. chopped nuts

Sift together on wax paper and set aside: flour, baking soda, and cinnamon. In 3-qt. saucepan over medium high heat, bring to boil water, prunes, dates, and raisins and simmer 4 minutes. Add margarine to hot fruit and stir until melted. Cool completely. Stir in beaten eggs, vanilla, and chopped nuts. Add dry ingredients and stir until well blended. Pour into greased 9"x9" baking pan and bake in 350 degree oven 30 minutes or until toothpick inserted in center comes out clean. Cool in pan on rack. Makes 16 squares. Per square: 153 calories, 2 g. protein, 17 g. carbohydrates, 9 g. fat, 34 mg. cholesterol, 128 mg. sodium.

PEACH CRISP (sugar free)

Jan Wheeler
Tisdale UMC

3 1 lb. cans water pack sliced peaches (reserve 1 c. liquid)
1/4 c. BROWN SUGAR TWIN
1/4 t. cinnamon
4 drops red food coloring
2 T. cornstarch
1/4 t. ground cloves

TOPPING

1/2 c. flour
1/2 c. rolled oats
1/4 c. BROWN SUGAR TWIN
1/4 c. nonfat dry milk
3/4 t. cinnamon
3/4 t. nutmeg
1/2 c. soft margarine

In a saucepan, combine reserved liquid, BROWN SUGAR TWIN, cornstarch, cinnamon, cloves, and food coloring. Cook over medium heat, stirring occasionally, until thickened. Add peaches and pour mixture into greased 8" baking dish. Mix topping ingredients until crumbly and sprinkle over peaches. Bake in 375 degree oven 30-35 minutes. Serve warm. Makes 6-8 servings.

In a saucepan, combine reserved liquid, BROWN SUGAR TWIN, cornstarch, cinnamon, cloves, and food coloring. Cook over medium heat, stirring occasionally, until thickened. Add peaches and pour mixture into greased 8" baking dish. Mix topping ingredients until crumbly and sprinkle over peaches. Bake in 375 degree oven 30-35 minutes. Serve warm. Makes 6-8 servings.

DIABETIC FUDGE

Susan Nettrouer
Tisdale UMC

1 sq. unsweetened chocolate
1 t. artificial sweetener
1/4 c. evaporated milk
8 t. chopped nuts
1 pkg. vanilla or chocolate sugar-free pudding (not instant)

Melt chocolate in double boiler; add milk and pudding and mix well. Cook 2-3 minutes; add vanilla, sweetener and nuts. Spread on small foil pan; chill, cut into squares.

SUGARLESS OATMEAL MUFFINS

Susan Nettrouer
Tisdale UMC

1 oz. oatmeal
1/2 c. crushed pineapple
1/3 c. nonfat dry milk
1/2 t. vanilla
1/2 t. cream of tartar
1/2 t. soda
1/2 t. cinnamon
1/2 t. artificial sweetener

Mix together and pour into nonstick muffin pan. Bake in 350 degree oven 10-12 minutes.

SUGAR-FREE APPLE PIE

Susan Nettrouer
Tisdale UMC

5 lg. delicious apples, peeled and chopped
1 6 oz. can frozen apple juice
2 T. margarine
2 T. cornstarch
1 t. or more cinnamon

Heat juice, cornstarch, cinnamon, and margarine and mix with apples and put in crust and bake in 350 degree oven 45 minutes.

SUGAR-FREE APPLE PIE

Wanda Donley
Grandview UMC

5-6 delicious apples
1 6 oz. can frozen apple juice (no sugar added)

Mix 2 T. flour, 1 t. cinnamon and 1/2 t. salt

Heat apple juice and add mixture of flour, cinnamon, and salt to juice, cooking until thick. Peel and slice apples and coat them with apple juice mixture. Place in a 9" crust. Dot with 2 T. oleo and cover with top crust.

Sprinkle with water and nutmeg and bake in 450 degree oven 15 minutes, then at 350 degrees for 30 minutes. NOTE: I have used this same recipe to sweeten both cherries and blueberries for pie and it worked fine.

DIABETIC FRUIT PIE *Julie Moore*
Burden UMC

(strawberry or peach)
1 pkg. sugar-free vanilla pudding mix (not instant)
1 pkg. sugar-free strawberry or peach gelatin
2 c. water
1 pkg. prepared whipped topping
1 c. sliced strawberries or peaches
1 t. lemon juice
1 baked 9" pie shell

Combine pudding mix, gelatin, water, and lemon juice in a saucepan and cook over medium heat until mixture comes to a boil, stirring constantly. Pour into a bowl and chill until set, then pour into pie shell. Top with whipped topping and fruit.

SUGAR-FREE DATE COFFEE CAKE *Wanda Donley*
Grandview UMC

1/3 c. mashed banana
1/2 c. oleo, softened
3 lg. eggs
1 t. vanilla
3 c. flour
1 t. baking soda
2 t. baking powder
1 1/2 c. chopped dates
1 1/4 c. water

TOPPING
1/3 c. chopped dates
1/3 c. coconut
1/3 c. chopped nuts

Beat together mashed banana and oleo until creamy. Add eggs, vanilla, and water and beat. Measure in flour, soda, and baking powder. Stir in 1 1/2 c. dates. Spoon batter into an oiled and floured 9"x13" baking pan. Spread batter evenly in pan. Combine topping ingredients and sprinkle over batter. Bake in 350 degree oven 20 minutes.

SUGAR-FREE BANANA WALNUT CAKE *Wanda Donley*
Grandview UMC

2/3 c. mashed banana
1/2 c. oleo, softened
3 lg. eggs
3/4 c. water
1/2 c. raisins
2 c. flour
2 t. baking powder
1 t. baking soda
1 t. cinnamon
1/2 c. nuts
(instead of raisins and nuts, use 1 c. of your preference)

In a mixing bowl beat together mashed banana and oleo until creamy. Add eggs and water and beat well; stir in flour, baking powder, and cinnamon. Beat until smooth. Add nuts or raisins. Spoon batter in 10"x15" jellyroll pan and bake in 350 degree oven 10 minutes. Cool and cut into squares.

ENRICHED YOGURT

Ruth Ann Smith
Tisdale UMC

1 1/2 envelope gelatin
3 c. nonfat dry milk solids
1 13 oz. can evaporated skim milk
3 T. plain yogurt with active cultures
1 c. water, divided
3 c. water
1 can water

Sprinkle gelatin over 1/2 c. cold water in 2 qt. casserole. Bring remaining 1/2 c. to boil and add to gelatin, stirring to dissolve. Add remaining ingredients, mixing well. Be sure all ingredients are room temperature as excessive heat and cold can inactivate yogurt. Cover casserole and put in preheated 275 degree oven (250 degree if using glass dish) and TURN OFF oven. Remove from oven after 4-8 hours. Longer incubation results in tartar taste. Stir well and refrigerate in covered containers. (I have found that Dannon yogurt works best for the 3 T. yogurt with active cultures; then I can use this yogurt for the starter if within 5 days after making.) Makes 7 cups. Add fruit of your choice and Equal to taste, or just sweeten to taste with Equal.

JAMS AND JELLIES

BEET JUICE GRAPE JELLY

Lela Bannon
Atlanta UMC

3 1/2 c. beet juice
1 pkg. grape Kool•Aid
1 pkg. Sure•Jell
4 c. sugar

Bring juice, Kool•Aid, and Sure•Jell to a boil; add sugar and bring back to a rolling boil. Boil 3 minutes and pour into prepared glasses.

HEAVENLY JAM

Phyllis Hull
Hicks Chapel UMC

1 gallon pears
3 oranges
14 c. sugar (11 c. if you don't like it too sweet)
1 lb. pkg. cranberries
1 pkg. pectin

Wash cranberries, peel pears, core and quarter or slice, then measure. Peel and quarter oranges (save rind of one orange). Grind prepared fruit and orange rind. Put in large preserving kettle and bring to a boil and simmer about 30 minutes. Stir in pectin, then sugar gradually. Again bring

ORANGE AND ZUCCHINI MARMALADE

Dee Morland
Burden UMC

5 c. peeled and shredded zucchini
4 1/2 c. sugar
1 20 oz. can crushed pineapple with juice

Stir above together and chill at least 12 hours or overnight. Grind 1 orange and lemon (take out seeds first and grind in blender or food processor) and mix with zucchini and simmer 30 minutes. Mix in 2 small boxes oranges Jello. If freezing, put in containers and place in freezer. If canning, place in jelly jars and hot water bath for 30 minutes. Makes 5 pints.

WILD SAND PLUM BUTTER

Willa Jean Oliver
Burden UMC

3 c. sand plum pulp
5 c. sugar

Sort and wash plums. Cook plums in just enough water to be able to see water between the plums. Cook until pulp is soft; press through a sieve or food mill to remove skins and seeds. Mix pulp and sugar. Bring to a boil and boil gently for 7 minutes, stirring constantly to prevent sticking. Pour into jars and seal. Yield: about 2 1/2 pints. This recipe is about 50 years old.

STRAWBERRY JAM

Sue Boling
Grandview UMC

2 12 oz. pkg. frozen strawberries
1 pkg. Sure•Jell
3/4 c. water

Thaw and mash strawberries, then add sugar. Stir well and let stand for 20 minutes. Boil Sure•Jell and water for 1 minute. Mix with strawberries. Stir for 3 minutes. Pour into jelly jars. Keep in refrigerator or freeze.

HERE'S HOW TO ACCEPT GOD'S OFFER!

Quite trying to do it yourself. Jesus Christ has already done all that is necessary for your salvation.

Follow God's leading in life. He will never let you down. You can't say that about yourself or your friends, when you try to do it your way.

Invite Jesus Christ to enter your life right now, to become your Saviour and the Divine Director for all that you do.

When you do this, God promises you a new Life–Life-that-never-ends!

PICKLES

BREAD AND BUTTER PICKLES

Grace Morgan
Prairie View UMC

1 gallon cucumbers
1/4 c. salt
4 med.-lg. onions
crushed ice
3 green peppers (I leave these out as we don't care for them)

Slice cucumbers and onions and peppers. Cover with salt and crushed ice and let stand for 3 hours. Mix the following ingredients:

5 c. sugar
1/2 t. turmeric
1 T. celery seed
5 c. vinegar
2 T. mustard seed

After pickles and onions have been in salt and ice 3 hours, drain well and place in syrup and let come to a scalding point. DO NOT BOIL. Pack in jars and seal.

SWEET MIXED PICKLES

Nellie Craig
Burden UMC

3 gallons cucumbers after cut in small chunks. Soak overnight in cold water with 1 T. lime to each gallon of cold water. Next day wash well when taken out of lime. Then mix 1 qt. vinegar, 2 qts. water, 1 c. sugar, and 1 c. salt. Heat with cucumbers until they are of grayish green color. Then add vegetables which have been chunked: 6 lg. red peppers, 6 lg. green peppers, 1 lg. bunch of celery, 1 lg. head (or 2 sm.) cauliflower to the hot mixture for a few minutes. Drain well (don't save liquid). Let cool, then add syrup (which can be made the day before). Now add small whole onions (4 or more jars pickled onions). Make syrup of 15 lb. sugar, 1 gallon vinegar, box of mustard seed, 1 T. turmeric powder, 1/2 t. oil of cinnamon, 5 drops oil of cloves, box of celery seed. Boil together 5 minutes, then add 1 T. alum. Cool before pouring over pickle mixture. Put in a 5-6 gallon stone jar, cover and set in a cool place. Do not heat anymore. Stir once a day for 21 days, then can cold or leave in jar. Don't weight them down while in jar. Yields 21 pints.

Body language says: our words might try to hide our thoughts,
but our actions will always reveal them.

ZUCCHINI RELISH

Marilyn Chilcott
Atlanta UMC

6 lg. zucchini squash, unpeeled but cut center part out
2 lg. onions
1 green pepper
1 can pimento, opt.

Grind coarsely; soak 3 hours in cold water to cover plus 1/2 c. salt. Rinse thoroughly and drain thoroughly, pressing out liquid. Boil the following ingredients for 3 minutes:

3 1/2 c. sugar
2 T. turmeric
1 c. water
2 T. celery seed
3 c. vinegar

Add ground mixture to liquid and boil 10 minutes, slow boil. Can and water bath 15 minutes. Makes about 7 pints.

ZUCCHINI RELISH

Dee Morland
Burden UMC

10 c. zucchini, unpeeled
4 c. onions
2 red peppers (or 4 carrots)
3 green peppers

Grind above vegetables and mix; pour 5 T. salt over mixture and stir. Let set overnight. Drain and rinse. Bring to a boil the following ingredients:

5 c. sugar
1 t. nutmeg
1 t. turmeric
1/2 t. ground black pepper
2 1/2 c. vinegar
1 t. dry mustard
2 t. celery seed

Add drained zucchini mixture to the boiling mixture and cook for 30 minutes over a low heat. Put into pint or half-pint jars. Water bath for 10 minutes. Makes 7-8 pints.

SQUASH RELISH

Marlene Salsman
Grandview UMC

12 c. yellow squash
2 lg. bell peppers
4 c. onions
2 lg. jars pimentos

Mix all together and grind; add 5 T. salt. Drain overnight; rinse; set aside. Boil together following ingredients for 3 minutes:

2 1/2 c. vinegar
2 t. celery seed
2 t. turmeric

Strain and add 5 c. sugar. Stir until sugar dissolves; Add mix and bring to good boil. Don't overcook. Yields 6-8 pints.

ZUCCHINI RELISH

Grace Morgan
Prairie View UMC

10 c. ground squash, do not peel
4 c. ground onions

Soak the above overnight in 5 T. salt and 1 qt. water. The next morning drain and rinse well. Drain and squeeze out at much of the water as possible. Then add the following ingredients:

4 c. ground peppers, red or green
1 T. ground nutmeg
1 T. dry mustard
1/4 t. black pepper
2 1/4 c. regular cider vinegar
6 c. sugar
1 T. turmeric
2 T. cornstarch
2 t. celery seed

Stir well; put over heat and simmer 30 minutes; can and seal in jars. Makes 7 pints.

MISCELLANEOUS

PINEAPPLE CHEESE
(recipe of Phyllis Brothers)

Ruth Miller
Tisdale UMC

2 20 oz. cans pineapple
1 c. sugar
8 oz. shredded Cheddar cheese
1/2 c. flour
1 c. pineapple juice

Drain pineapple; cover with mixed flour and sugar and bake one hour; add Cheddar cheese and heat until bubbly. Good served with ham.

TO FREEZE CORN

Vada Whitehill
Prairie View UMC

4 qts. corn (cut off cob)
1 qt. water (3 c. if you use waterless cookware)
4 t. salt
3/4 c. sugar

Stir all together and boil 10 minutes. Cool and freeze in bags. This is ready to heat and eat. Good heated in microwave.

A Christian is one who
makes it easier for others to believe in God.

ORNAMENTAL DOUGH

Matthew Pilkington
Grandview UMC

1 c. salt
2 c. flour
1 c. water

Mix all ingredients. Knead dough 7-10 minutes until smooth and putty like. Roll dough out 1/4" thick. Use cookie cutter to make design or figures. Extra pieces can be attached to the design with a little water. Use small straw to cut hole in top if ornaments will be hung. Bake in 325 degree oven until light brown. Cool and paint.

RECIPES FOR MORE THAN 50

CHILI

Imogene Hamlin
Grandview UMC

20 lbs. 90% hamburger
3 46 oz. cans tomato juice
4 16 oz. cans tomatoes (blendered)
1/2 c. brown sugar
2 c. chopped onions
1 stick oleo
3 c. chili powder
2 16 oz. cans tomato sauce
2 T. salt
6 cans chili beans
1 c. chopped green peppers

Saute onions and green peppers in oleo. Brown hamburger and drain well. In large electric roaster, combine all ingredients and simmer for 2 hours. Add water as needed to the right consistency.

VEGETABLE SOUP

Imogene Hamlin
Grandview UMC

10 lb. chuck roast
4 lb. chopped carrots
1 c. chopped onions
5 lb. chopped potatoes
2 med. heads cabbage, chopped
2 T. salt
3 c. chopped celery
4 cans tomatoes (blendered)
2 cans tomato sauce
1 46 oz. can tomato juice

Cook roast with salt; chop in bite-size pieces. Add all ingredients to meat and broth and add enough water to cover; simmer until vegetables are tender. Add water as needed. Add meat seasoning to taste.

WHEN WE DIE WE LEAVE BEHIND US ALL THAT WE HAVE
AND TAKE WITH US ALL THAT WE ARE.

VEGETABLE SOUP

Marilyn Chilcott
Atlanta UMC

36 lb. roast
3 lb. onions, chopped
15 lb. potatoes, chopped
5 qt. whole tomatoes
40 oz. frozen corn
1 lg. jar beef bouillon cubes
4 stocks celery, chopped
20 qt. tomato juice
3 qt. green beans
1 head cabbage, chopped

Cook roast with salt and seasonings; chop into bite-size pieces. Add remaining ingredients and water to cover and simmer. 175-200 servings.

CHILI

Marilyn Chilcott
Atlanta UMC

40 lbs. hamburger
6 pkg. chili mix
20 qt. tomato juice (5 lg. cans)
cumin for more chili taste
3 lb. onions, chopped
3 gal. cans beans
(or 12 No. 1 cans)

Cook hamburger and onion together with salt to taste; drain well and add remaining ingredients and simmer. 150-175 servings.

FAVORITE RECIPES

A RECIPE FOR	PAGE NUMBER

SOME HELPFUL HINTS

To remove white water marks on furniture, rub mayonnaise in with your fingers. Let stand and wipe clean with a soft, clean cloth in an hour.

TAKE THE GUESSWORK OUT OF MEASURING

FRUITS:
Apples: 1 medium makes 1 cup sliced.
Bananas: 1 medium makes 1/3 cup mashed.
Cranberries: 1 pound (4 cups) makes 3 cups sauce.
Lemons: 1 medium yields 3 tablespoons juice, 2 t. shredded peel.
Oranges: 1 medium yields 1/4 to 1/3 cup juice, 4 t. shredded peel.
Peaches, pears: 1 medium makes 1/2 cup sliced.
Strawberries: 4 cups whole makes 3 1/2 cups sliced.

VEGETABLES:
Beans, dry: 1 pound (2 1/2 cups) makes 6 cups cooked.
Cabbage: 1 pound (1 small) makes 5 cups shredded.
Carrots: 1 pound (6 - 8 medium) makes 3 c. shredded or 2 1/2 c. chopped.
Celery: 1 medium bunch makes 4 1/2 cups chopped.
Green beans, cup up: 1 pound (3 1/2 cups) makes 2 1/2 cups cooked.
Sweet peppers: 1 large makes 1 cup chopped.
Mushrooms: 1 pound (6 cups) makes 2 cups sliced and cooked.
Onions: 1 medium makes 1/2 cup chopped.
Potatoes: 1 medium makes 2/3 cubed or 1/2 cup mashed.
Spinach: 1 pound (12 cups) makes 1 1/2 cups cooked.
Tomatoes: 1 medium makes 1/2 cup cooked.

NUTS:
Almonds: 1 pound in shell makes 1 1/4 cups shelled.
Pecans: 1 pound in shell makes 2 cups shelled.
Walnuts: 1 pound in shell makes 1 1/3 cups shelled.
Popcorn: 1/4 cup makes 5 cups popped.

HOUSEHOLD HINTS

In a hurry - Place one cut-up fryer in an oblong baking pan. Combine 1 can cream of mushroom soup, 1 cup sour cream, and 3 tablespoons dry onion soup mix. Spread over chicken and bake at 350°, covered, for about 2 hours.

After stewing a chicken for diced meat for casseroles, etc., let cool in broth before cutting into chunks - it will have twice the flavor.

For a brown crust on roasted chicken - rub mayonnaise generously over the skin before cooking.

To slice meat into thin strips, as for stroganoff or Chinese dishes - partially freeze and it will slice easily.

A roast with the bone in will cook faster than a boneless roast - the bone carries the heat to the inside of the roast quicker.

Never cook a roast cold - let stand for at least an hour at room temperature. Brush with oil before and during roasting - the oil will seal in the juices.

For a juicier hamburger add cold water to the beef before grilling (1/2 cup to 1 pound of meat).

Save the juices from your spiced fruits and other canned fruits - use them to pour over ham slices while baking.

To freeze meatballs, place them on a cookie sheet until frozen. Place in plastic bags and they will stay separated so that you may remove as many as you want.

To keep cauliflower white while cooking - add a little milk to the water.

When boiling corn add sugar to the water instead of salt. Salt will toughen the corn.

To ripen tomatoes - put them in a brown paper bag in a dark pantry and they will ripen overnight.

Do not use soda to keep vegetables green. It destroys Vitamin C.

When cooking cabbage, place a small tin cup or can half full of vinegar on the stove near the cabbage, and it will absorb all odor from it.

Potatoes soaked in salt water for 20 minutes before baking will bake more rapidly.

Let raw potatoes stand in cold water for at least half an hour before frying to improve the crispness of French-fried potatoes.

Use greased muffin tins as molds when baking stuffed green peppers.

A few drops of lemon juice in the water will whiten boiled potatoes.

Buy mushrooms before they "open." When stems and caps are attached snugly, mushrooms are truly fresh.

To cook "below the ground" vegetables (such as potatoes, carrots, turnips), place in cold water and bring to a boil. Add "above the ground" vegetables (corn, peas, beans) to water already boiling.

Don't despair if you've oversalted the gravy. Stir in some instant mashed potatoes, and you'll repair the damage in a jiffy. Just add a little more liquid to offset the thickening.

Scissors are a great convenience for cutting celery, cucumbers, parsley, mint, lettuce, etc.; much quicker and better than using a knife.

To keep celery crisp - stand it up in a pitcher of cold, salted water and refrigerate.

Lettuce keeps better if you store in refrigerator without washing first so that the leaves are dry. Wash the day you are going to use.

Do not use metal bowls when mixing salads. Use wooden, glass or china.

EQUIVALENTS & SUBSTITUTIONS

EQUIVALENTS

3 teaspoons	1 tablespoon
4 tablespoons	1/4 cup
5 1/3 tablespoons	1/3 cup
8 tablespoons	1/2 cup
10 2/3 tablespoons	2/3 cup
12 tablespoons	3/4 cup
16 tablespoons	1 cup
1/2 cup	1 gill
2 cups	1 pint
4 cups	1 quart
4 quarts	1 gallon
8 quarts	1 peck
4 pecks	1 bushel
16 ounces	1 pound
32 ounces	1 quart
8 ounces liquid	1 cup
1 ounce liquid	2 tablespoons

(For liquid and dry measurements use standard measuring spoons and cups. All measurements are level.)

EMERGENCY SUBSTITUTIONS

1 c. sifted cake flour	1 c. minus 2 T. sifted all-purpose flour or 7/8 c.
1 c. self-rising flour	1 c. all-purpose flour, 1/2 tsp. salt, and 1 tsp. baking powder
1 T. cornstarch (for thickening)	2 T. flour or 2 tsp. quick-cooking tapioca
1 tsp. baking powder	1/4 tsp. baking soda plus 1/2 tsp. cream of tartar
1 tsp. baking powder	1/4 tsp. baking soda plus 1/2 c. buttermilk or sour milk (to replace 1/2 c. liquid in recipe)
1 c. powdered sugar	1 c. granulated sugar plus 1 tsp. cornstarch. Whirl in blender or processor until powdered.
1/2 c. brown sugar	2 T. molasses in 1/2 c. granulated sugar
1 1/3 c. firmly-packed brown sugar	1 c. granulated sugar
1 c. sour milk	1 T. lemon juice or vinegar plus sweet milk to make 1 c. (let stand 5 minutes)
1 c. whole milk	1/2 c. evaporated milk plus 1/2 c. water or 1 c. reconstituted non-fat dry milk plus 1 T. butter, or 1/3 c. dry milk plus 1 c. water
1 c. thin cream (18-20%)	7/8 c. milk plus 3 T. fat
1 c. heavy cream (36-40% fat)	3/4 c. milk plus 1/3 c. fat
3/4 c. cracker crumbs	1 c. bread crumbs
1 sq. (1 oz.) chocolate	3 or 4 T. cocoa plus 1 T. butter or margarine
1 T. fresh herbs	1 tsp. dried herbs
1 sm. fresh onion	1 T. instant minced onion, rehydrated
1 tsp. dry mustard	1 T. prepared mustard
1 c. tomato juice	1/2 c. tomato sauce plus 1/2 c. water
1 c. catsup or chili sauce	1 c. tomato sauce plus 1/2 c. sugar and 2 T. vinegar (for use in cooking)
1 lb. dates	1 1/2 c. dates, pitted and cut
3 med. bananas	1 c. mashed
10 miniature marshmallows	1 lg. marshmallow

In substituting cocoa for chocolate in cakes, the amount of flour must be reduced.

Brown and White Sugars: Usually may be used interchangeably, measure for measure. Brown sugar must be firmly packed.

EQUIVALENCY CHART

3 3/4 cups unsifted whole-wheat flour	1 pound
4 cups sifted all-purpose flour	1 pound
4 1/2 cups sifted cake flour	1 pound
5 cups rye flour	1 pound
1 pound flour	4 cups
5 1/2 ounces baking powder	1 cup
3 cups cornmeal	1 pound
3 cups cornstarch	1 pound
1 medium lemon	3 tablespoons juice
5-8 medium lemons	1 cup juice
1 medium apple, chopped	1 cup
1 medium orange	1/3 cup juice
3-4 medium oranges	1 cup juice
1 medium onion, chopped	1/2 cup
1 pound unshelled walnuts	1 1/2 to 1 3/4 cups shelled
2 cups sugar	1 pound
3 1/2 cups powdered sugar	1 pound
2 1/2 cups brown sugar	1 pound
7 ounces spaghetti	4 cups cooked
4 ounces uncooked noodles (1 1/2-2 cups)	2-3 cups cooked
4 ounces uncooked macaroni (1-1 1/4 cups)	2 1/4 cups cooked
6 cups cooked macaroni	8-ounce package
7 cups cooked noodles	8-ounce package
1 cup uncooked long-grain rice	3-4 cups cooked
28 saltine crackers	1 cup fine crumbs
1 stick or 1/4 lb. butter	1/2 cup
2 tablespoons fat	1 ounce
1/2 cup fat	1/4 pound or 1 stick
1 cup fat	1/2 pound
2 cups fat	1 pound
4 cups cocoa	1 pound
1 ounce bitter chocolate	1 square
2 2/3 cups coconut	1 1/2-pound carton
16 marshmallows	1/4 pound
14 square graham crackers	1 cup fine crumbs
22 vanilla wafers	1 cup fine crumbs
1 1/2 slices bread	1 cup soft crumbs
1 slice bread	1/4 cup fine dry crumbs
8-10 egg whites	1 cup
10-12 egg yolks	1 cup
1 egg	4 tablespoons liquid
4-5 whole eggs	1 cup
3 1/4-ounce package flavored gelatin	1/2 cup
1/4-ounce package unflavored gelatin	1 tablespoon
1 cup chopped nuts	1/4 pound
3 1/2 cups almonds	1 pound
3 cups walnuts (broken)	1 pound
3 1/4 cup seeded raisins	15-ounce package
3 cups seedless raisins	15-ounce package
1 pound raisins	3 1/2 cups
2 1/3 cups rice	1 pound
5 cups grated American cheese	1 pound
2 2/3 cups cubed American cheese	1 pound
6 2/3 tablespoons cream cheese	3-ounce package
4 coarsely-crumbled zwelback	1 cup
9 finely-crumbled zweiback	1 cup
Grated peel of lemon	1 tablespoon
Grated peel of orange	2 tablespoons
1 medium banana, mashed	1/3 cup
1 pound carrots	4 medium or 6 small; 3 cups shredded; 2 1/2 cups diced
5 cups ground coffee	1 pound
1 cup whipping cream	2 cups whipped
1 cup evaporated milk	3 cups whipped

BAKING PERFECT BREADS

PROPORTIONS

Biscuits	To 1 cup flour use 1 ¼ teaspoons Baking Powder
Muffins	To 1 cup flour use 1 ½ teaspoons Baking Powder
Popovers	To 1 cup flour use 1 ¼ teaspoons Baking Powder
Waffles	To 1 cup flour use 1 ¼ teaspoons Baking Powder
Cake with fat	To 1 cup flour use 1 teaspoon Baking Powder

RULES FOR USE OF LEAVENING AGENTS

1. To 1 teaspoon soda use 2 ¼ teaspoons cream of tartar, or 2 cups freshly soured milk, or 1 cup molasses.
2. In simple flour mixtures, use 2 teaspoons baking powder to leaven 1 cup flour. Reduce this amount ½ teaspoon for each egg used.
3. To substitute soda and an acid for baking powder, divide the amount of baking powder by 4. Take that as your measure of and add the acid according to rule 1 above.

PROPORTIONS FOR BATTERS AND DOUGH

Pour Batter	To 1 cup liquid use 1 cup flour
Drop Batter	To 1 cup liquid use 2 to 2 ½ cups flour
Soft Dough	To 1 cup liquid use 3 to 3 ½ cups flour
Stiff Dough	To 1 cup liquid use 4 cups flour.

HINTS FOR BAKING BREADS

Kneading the dough for a half minute after mixing improves the texture of baking powder biscuits.

Use cooking or salad oil in waffles and hot cakes in the place of shortening. No extra pan or bowl to melt the shortening and no waiting.

When bread is baking, a small dish of water in the oven will help to keep the crust from getting hard.

Dip the spoon in hot water to measure shortening, butter, etc., the fat will slip out more easily.

Small amounts of leftover corn may be added to pancake batter for variety.

To make bread crumbs, use fine cutter of the food grinder and tie a large paper bag over the spout to prevent flying crumbs.

When you are doing any sort of baking, you get better results if you remember to preheat your cookie sheet, muffin tins, or cake pans.

OVEN TEMPERATURE CHART

Breads	Minutes	Temperature
Loaf	50-60	350°-400°
Rolls	20-30	400°-450°
Biscuits	12-15	400°-450°
Muffins	20-25	400°-450°
Popovers	30-40	425°-450°
Corn Bread	25-30	400°-425°
Nut Bread	50-75	350°
Gingerbread	40-50	350°-370°

BAKING PERFECT DESSERTS

FOR PERFECT COOKIES

Cookie dough that is to be rolled is much easier to handle after it has been in a cold place 10 to 30 minutes. This keeps the dough from sticking, even though it may be soft. If not done, the soft dough may require more flour and too much flour makes cookies hard and brittle. In rolling, take out on a floured board, only as much dough as can be managed easily. Flour the rolling pin slightly and roll lightly to desired thickness. Cut shapes close together and keep all trimmings for the last. Place pans or sheets in upper third of oven. Watch cookies carefully while baking to avoid burning edges. When sprinkling sugar on cookies, try putting it into a salt shaker. It saves time.

FOR PERFECT PIES AND CAKES

A pie crust will be more easily made and better if all the ingredients are cool.

The lower crust should be placed in the pan so that it covers the surface smoothly. Be sure no air lurks beneath the surface, for it will push the crust out of shape in baking.

Folding the top crust over the lower crust before crimping will keep the juices in the pie.

In making custard type pies, bake at a high temperature for about ten minutes to prevent a soggy crust. Then finish baking at a low temperature.

Fill cake pans about two-thirds full and spread batter well into corners and to the sides, leaving a slight hollow in the center.

The cake is done when is shrinks from the sides of the pan or if it springs back when touched lightly with the finger.

After a cake comes from the oven, it should be placed on a rack for about five minutes. Then the sides should be loosened and the cake turned out on a rack to finish cooling.

Cakes should not be frosted until thoroughly cool.

If you want to make a pecan pie and haven't any nuts, substitute crushed cornflakes. They will rise to the top the same as nuts and give a delicious flavor and crunchy surface.

To prevent crust from becoming soggy with cream pie, sprinkle crust with powdered sugar.

Cut drinking straws into short lengths and insert through slits in pie crusts to prevent juices from running over in the oven and permit steam to escape.

TEMPERATURE CHART

Food	Temperature	Time
Butter Cake, loaf	360°-400°	40-60 min.
Butter Cake, layer	380°-400°	20-40 min.
Cake, angel	300°-360°	50-60 min.
Cake, sponge	300°-350°	40-60 min.
Cake, fruit	275°-325°	3-4 hours
Cookies, thin	380°-390°	10-12 min.
Cookies, molasses	350°-375°	18-20 min.
Cream Puffs	300°-350°	45-60 min.
Meringues	250°-300°	40-60 min.
Pie Crust	400°-500°	20-40 min.

SEASONING GUIDE

Get acquainted with spices and herbs. Add in small amounts, 1/4 teaspoon for each 4 servings. Taste before adding more. Crush dried herbs or snip fresh herbs before using. If substituting fresh for dried, use 3 times more fresh herbs.

Appetizers, Soups	Breads, Pasta	Eggs, Cheese
CRANBERRY JUICE: Add cinnamon, allspice, and/or cloves. Serve hot or chilled. **FRUIT COCKTAIL:** Try adding mint or rosemary. **STUFFED CELERY:** Mix caraway seed with cream cheese; fill celery. Dash with paprika. **TOMATO COCKTAIL:** Add 1/4 teaspoon dried basil per cup. **CHICKEN SOUP:** Add a dash of rosemary, tarragon, or nutmeg. Sprinkle paprika atop for color. **CLAM CHOWDER:** Add a dash of caraway seed, sage or thyme. **CONSOMME:** Dash in basil, marjoram, savory or tarragon. **FISH CHOWDER:** Add bay leaves, curry powder or dill. **MUSHROOM SOUP:** Season with curry, oregano or marjoram. **ONION SOUP:** Add marjoram. **OYSTER STEW:** Lightly add cayenne, mace or marjoram. **POTATO SOUP:** Dash with mustard or basil. Top with snipped chives or parsley. **SPLIT-PEA SOUP:** Add dash basil, chili powder or rosemary. **TOMATO SOUP:** Dash in basil, dill, oregano, sage or tarragon. **VEGETABLE SOUP:** Try allspice, oregano, sage or thyme.	**BISCUITS:** Add caraway seed, thyme or savory to flour. Serve with meat. **BREAD:** Make each loaf a surprise by adding caraway seed, cardamom or poppy seed. **COFFEE CAKE:** Mix crushed aniseed in batter. For variety, sprinkle cinnamon-sugar mixture atop or add poppy seed filling. **CORN BREAD:** Add poultry seasoning or caraway seed to dry ingredients. Be adventuresome, add 1/2 teaspoon rosemary to batter. **CROUTONS:** Toss toast cubes in melted butter seasoned with basil, marjoram or onion salt. **DOUGHNUTS:** Add mace or nutmeg to dry ingredients. After frying, roll in cinnamon sugar. **DUMPLINGS:** Add thyme or parsley (fresh or flakes) to batter. **MUFFINS:** Blueberry - add dash of nutmeg to dry ingredients. Season plain muffins with caraway seed or cinnamon. **NOODLES:** Butter, then sprinkle with poppy seed. **ROLLS:** Add caraway seed. Or, sprinkle with sesame seed. **SPAGHETTI:** Toss with butter, Parmesan and snipped chives. **WAFFLES:** Add poultry seasoning to batter, serve with creamed chicken. Or add cardamom to honey; pour over waffles.	**BAKED EGGS:** Sprinkle dash of thyme or paprika over the top. **CREAMED EGGS:** Add mace. **DEVILED EGGS:** Add celery seed, cumin, mustard, savory, chili powder or curry powder. **OMELET:** Try with dash of marjoram or rosemary (go easy!). **SCRAMBLED EGGS:** Sprinkle lightly with basil, thyme, rosemary or marjoram. Add seasoning near the end of cooking. **SOUFFLE:** Add 1/4 teaspoon marjoram to 4-egg souffle. To cheese souffle, add basil or savory. **CHEESE CASSEROLES:** Spark with dash sage or marjoram. **CHEESE FONDUE:** Try adding a dash of basil or nutmeg. **CHEESE RABBIT (rarebit):** Try with mace or mustard. **CHEESE SAUCE:** Add mustard or a dash of marjoram or thyme. **CHEESE SPREAD:** Blend sage, caraway seed, thyme or celery seed into melted process cheese. **COTTAGE CHEESE:** Blend in chives or a dash of sage, caraway seed, dill, anise, or cumin. Prepare several hours ahead of time. **CREAM CHEESE:** Blend in curry powder, marjoram, caraway seed, or dill. Sprinkle paprika or cayenne atop. Use as celery filling or appetizer spread.

CHEESE GUIDE

Cheese	How it looks and tastes	How to serve
American, Cheddar	Favorite all-around cheeses. Flavor varies from mild to sharp. Color ranges from natural to yellow-orange: texture firm to crumbly.	In sandwiches, casseroles, souffles, and creamy sauces. With fruit pie or crisp crackers, on a snack or dessert tray with fruit.
Blue, Gorgonzola, Roquefort	Compact, creamy cheeses with blue or blue-green mold. Sometimes crumbly. Mild to sharp flavor. (Stilton is similar, but like a blue-veined Cheddar).	Crumble in salads, salad dressings, dips. Delicious with fresh pears or apples for dessert. Blend with butter for steak topper. Spread on crackers or on crusty French or Italian bread.
Brick	Medium firm; creamy yellow color, tiny holes. Flavor very mild to medium sharp.	Good for appetizers, sandwiches, or desserts. Great with fresh peaches, cherries, or melons.
Brie (bree)	Similar to Camembert, but slightly firmer. Distinctive sharp flavor, pronounced odor.	Serve as dessert with fresh fruit. Be sure to eat the thin brown and white crust.
Camembert	Creamy yellow with thin gray-white crust. When ripe, it softens to the consistency of thick cream. Full, rich, mildly pungent.	Classic dessert cheese - serve at room temperature with fresh peaches, pears, or apples, or with toasted walnuts and crackers.
Cottage	Soft, mild, unripened cheese; large or small curd. May have cream added.	Used in salads, dips, main dishes. Popular with fresh and canned fruit.
Cream	Very mild-flavored soft cheese with buttery texture. Rich and smooth. Available whipped and in flavored spreads.	Adds richness and body to molded and frozen salads, cheesecake, dips, frostings, sandwich spreads. Serve whipped with dessert.
Edam, Gouda	Round, red-coated cheeses; creamy yellow to yellow-orange inside, firm and smooth. Mild nutlike flavor.	Bright hub for dessert or snack tray. Good in sandwiches or crunchy salads, or with crackers. Great with grapes and oranges.
Liederkranz, Limburger	Robust flavor and highly aromatic. Soft and smooth when ripe. Liederkranz is milder in flavor and golden yellow in color. Limburger is cream white.	Spread on pumpernickel, rye, or crackers. Team with apples, pears, and Tokay grapes. Serve as snack with salty pretzels and coffee.
Swiss	Firm, pale yellow cheese, with large round holes. Sweet nutlike flavor.	First choice for ham-cheese sandwiches, fondue. Good in salads, sauces, as a snack.
Process cheeses	A blend of fresh and aged natural cheeses, pasteurized and packaged. Smooth and and creamy, melts easily. May be flavored.	Ideal for cheese sauces, souffles, grilled sandwiches, in casseroles. Handy for the snack tray, too!
Mozzarella, Scamorze	Unripened. Mild-flavored and slightly firm. Creamy white to pale yellow.	Cooking cheese. A "must" for pizza, lasagne; good in toasted sandwiches, hot snacks.
Muenster (mun'stir)	Between Brick and Limburger. Mild to mellow flavor, creamy white. Medium hard, tiny holes.	Use in sandwiches or on snack or dessert tray. Good with fresh sweet cherries and melon wedges.

TERMS AND DEFINITIONS

Au gratin: Topped with crumbs and/or grated cheese and browned in the oven or under the broiler.

Au jus: Served in its own juices (particularly when speaking of roast beef).

Baste: To pour or spoon pan drippings, marinade, or cooking juices over meats while cooking to prevent drying out and to add flavor.

Bisque: A thick cream soup.

Blanch: To immerse in rapidly boiling water and allow to cook slightly; to parboil.

Boil: To heat a liquid until large bubbles break on the surface. The boiling temperature of water at sea level is 212° F (100°C). A **rolling boil** is simply a vigorous boil. The **boiling point** is reached when a liquid is heated just until it begins to form bubbles.

Bone: To remove the bones from meat, poultry, or fish, to "debone."

Braise: To brown meat, lightly coated in flour, over high heat in a small amount of fat, or under broiler, and then to simmer it in seasoned liquids in a covered pot.

Bread: To cover with fine dry bread crumbs before cooking.

Cream: To soften a fat, especially butter, by beating it at room temperature. Butter and flour or butter and sugar are often creamed together, to make a smooth, soft paste.

Crimp: To seal the edges of a two-crust pie either by pinching them at intervals with the fingers or by pressing them together with the tines of a fork.

Crudites: An assortment of raw vegetables (sliced carrots, celery, mushrooms, broccoli flowerets, cauliflower flowerets, and so on) served as an hors d'oeuvre often accompanied by a dip.

Cube: To cut into cubes 1/2 inch on a side or larger. See also **dice** and **mince.**

Curdle: To clot or coagulate (particularly when speaking of milk, cream, and such sauces as cream sauces and hollandaise).

Cut in: To combine solid fats and dry ingredients, especially shortening and flour, by chopping with two knives or with a pastry blender.

Degrease: To remove fat from the surface of stews, soups, or stock. Usually, the latter is allowed to cool in the refrigerator, so that fat hardens and is easily removed.

Dice: To cut into cubes less than 1/2 inch in size. See also **cube** and **mince.**

Dredge: To coat lightly with flour, cornmeal, etc.

Drippings: Juices and browned particles that collect in the bottom of the pan in which meat or poultry has been roasted; used to enrich and flavor sauces and gravies.

Entree: The main course.

Fillet: To debone meat or fish. A **fillet** is the resulting tenderloin of beef or piece of fish without bones.

Fines herbes: A mixture of finely minced herb, usually parsley, tarragon, chervil, and chives. Used to flavor omelets, mayonnaise, and salad dressings.

Flake: To separate into small pieces in the direction of the grain; used particularly when speaking of fish.

Fold: To incorporate a delicate substance, such as whipped cream or beaten egg whites, into another substance without releasing air bubbles. A spatula is used to gently bring part of the mixture from the bottom of the bowl to the top; the process is repeated, while slowly rotating the bowl, until the ingredients are thoroughly blended.

Fricassee: Braised meat or poultry. To cooking liquid is usually a white sauce.

Fry: Pan-fry. To cook food in hot oil or fat, usually over direct heat. The food is not stirred, but is simply cooked on one or both sides. **Deep-fat fry.** To cook food by immersing it completely in heated fat. **Stir-fry.** A Chinese method of preparing meat or vegetables by cooking very rapidly in a frying pan or wok over high heat, stirring constantly. See also **saute.**

Glaze: To cover with a glossy coating, either a concentrated stock for meats or a melted and somewhat diluted jelly for fruit desserts.

Julienne: To cut meats, vegetables, fruits, or cheeses into match-shaped slivers. See also **sliver.**

Macerate: To soak peeled fruits in a mixture of lemon juice, sugar syrup, and wine or a liqueur. (The mixture should be placed in the refrigerator and allowed to steep for at least 2 hours.)

Marinade: Usually a strong flavored liquid, cooked or uncooked, used to make meats tastier and more tender; typically made of wine, olive oil, or a combination of the two, and seasoned with carrots, onion, bay leaf, and other herbs and spices. Other popular marinades are based on soy sauce or lemon juice. A **dry marinade** is a combination of herbs and spices rubbed into meat, which is then allowed to stand before cooking. To **marinate** is to let food stand in marinade, either at room temperature or (for a longer time) in the refrigerator, before cooking. Most recipes specify the length of time to marinate; recipes can vary from 1/2 hour to overnight to a couple of days.

Meuniere: Dredged with flour and sauteed in butter.

Mince: To chop into very small pieces. See also **cube** and **dice.**

Parboil: To boil until partially cooked; to **blanch.** Usually, this procedure is followed by final cooking in a seasoned sauce.

Pare: To remove the outermost skin of a fruit or vegetable.

Plump: To soak dried fruit, most often raisins, in warm water before cooking or adding to batter.

Poach: To cook very gently in hot liquid kept just below the boiling point.

Puree: To mash foods until perfectly smooth by hand, by rubbing through a sieve or food mill, or by whirling in a blender or food processor.

Reduce: To boil down a liquid until the quantity has decreased to about half of its original volume; its flavor becomes more concentrated.

Refresh: To run cold water over food that has been parboiled, to stop the cooking process quickly.

Render: To obtain fat from small pieces of meat by heating until it melts. Sometimes called **trying out.**

Roux: Pronounced **Roo.** A mixture of flour and butter used as the base for a sauce. **White roux** is cooked briefly without browning (to make sure that the sauce will not have a raw-flour flavor); for a **brown roux,** the flour-butter mixture is allowed to brown evenly before the liquid is added.

Saute: To cook and/or brown food in a small quantity of very hot fat, stirring or turning frequently. See also **fry.**

Scald: To heat to just below the boiling point, when tiny bubbles appear at the edge of the saucepan.

Score: To cut shallow slits or lines into meat or fish, usually in a diamond pattern. As well as being decorative, scoring allows seasonings to penetrate more easily. Score the fat edge of steaks to be broiled, to keep them from curling.

Sear: To brown and seal the surface of meat quickly, in a very hot oven or in a frying pan, over high heat.

Simmer: To cook in liquid just below the boiling point. The surface of the liquid should be barely moving, broken from time to time by slowly rising bubbles.

Sliver: To cut into long thin pieces. See also **julienne.**

Steep: To let food stand in (hot) liquid to extract or to enhance flavor, like tea in hot water or poached fruits in sugar syrup.

Supreme: The breast of a fowl (usually boned).

Toss: To combine ingredients gently with a lifting motion.

Truss: To fasten the wings and legs of poultry, with skewers or string, before cooking.

VEGETABLE TIME TABLE

Asparagus Tips:	Boiled	10-15 minutes
Artichokes, French:	Boiled	40 minutes
	Steamed	45-60 minutes
Bean, Lima, depending on age:	Boiled	20-40 minutes
	Steamed	60 minutes
Bean, String:	Boiled	15-35 minutes
	Steamed	60 minutes
Beets, young with skins on:	Boiled	30 minutes
	Steamed	60 minutes
	Baked	70-90 minutes
Beets, old:	Boiled or Steamed	1-2 hours
Broccoli, flowerets:	Boiled	5-10 minutes
Broccoli, stems:	Boiled	20-30 minutes
Brussel Sprouts:	Boiled	20-30 minutes
Cabbage, chopped, cut sectional:	Boiled	10-20 minutes
	Steamed	25 minutes
Cauliflower, stem down, whole:	Boiled	20-30 minutes
Cauliflower, flowerets:	Boiled	8-10 minutes
Carrots, cut across:	Boiled	20-30 minutes
	Steamed	40 minutes
Celery, cut in lengths 1/2 inch:	Boiled	20-30 minutes
	Steamed	45 minutes
Corn, green, tender:	Boiled	5-10 minutes
	Steamed	15 minutes
	Baked	20 minutes
Corn on the Cob:	Boiled	8-10 minutes
	Steamed	15 minutes
Eggplant, whole:	Boiled	30 minutes
	Steamed	40 minutes
	Baked	45 minutes
Onions:	Boiled	25-40 minutes
	Steamed or Baked	60 minutes
Parsnips:	Boiled	25-40 minutes
	Steamed	60 minutes
	Baked	60-75 minutes
Peas, green:	Boiled or Steamed	5-15 minutes
Peppers:	Boiled	20-30 minutes
	Steamed or Baked	30 minutes
Potatoes, depending on size:	Boiled	20-40 minutes
	Steamed	60 minutes
	Baked	45-60 minutes
Potatoes, sweet:	Boiled or Steamed	40 minutes
	Baked	45-60 minutes
Scalloped potatoes:	Baked	60-90 minutes
Pumpkin in cubes:	Boiled	30 minutes
	Steamed	45 minutes
	Baked	60 minutes
Spinach:	Boiled	8-10 minutes
	Steamed	20 minutes
Squash in cubes:	Boiled	20-40 minutes
	Steamed	50 minutes
	Baked	60 minutes
Tomatoes, depending on size:	Boiled	5-15 minutes
	Steamed	50 minutes
	Baked	15-20 minutes
Turnips, depending on size:	Boiled	25-40 minutes

BUYING GUIDE
Fresh Vegetables and Fruits

Experience is the best teacher in choosing quality but here are a few pointers on buying some of the fruits and vegetables.

Asparagus: Stalks should be tender and firm, tips should be close and compact. Choose the stalks with very little white - they are more tender. Use asparagus soon - it toughens rapidly.

Beans, Snap: Those with small seeds inside the pods are best. Avoid beans with dry-looking pods.

Berries: Select plump, solid berries with good color. Avoid stained containers, indicating wet or leaky berries. Berries such as blackberries and raspberries with clinging caps may be underripe. Strawberries without caps may be too ripe.

Broccoli, Brussel Sprouts, and Cauliflower: Flower clusters on broccoli and cauliflower should be tight and close together. Brussels sprouts should be firm and compact. Smudgy, dirty spots may indicate insects.

Cabbage and Head Lettuce: Choose heads heavy for size. Avoid cabbage with worm holes, lettuce with discoloration or soft rot.

Cucumbers: Choose long, slender cucumbers for best quality. May be dark or medium green but yellowed ones are undesirable.

Melons: In cantaloupes, thick close netting on the rind indicates best quality. Cantaloupes are ripe when the stem scar is smooth and space between the netting is yellow or yellow-green. They are best when fully ripe with fruity odor.

Honeydews are ripe when rind has creamy to yellowish color and velvety texture. Immature honeydews are whitish-green.

Ripe watermelons have some yellow color on one side. If melons are white or pale green on one side, they are not ripe.

Oranges, Grapefruit, and Lemons: Choose those heavy for their size. Smoother, thinner skins usually indicate more juice. Most skin markings do not affect quality. Orange with a slight greenish tinge may be just as ripe as fully colored ones. Light or greenish-yellow lemons are more tart than deep yellow ones. Avoid citrus fruits showing withered, sunken, or soft areas.

Peas and Lima Beans: Select pods that are well-filled but not bulging. Avoid dried, spotted, yellowed, or flabby pods.

TABLE FOR DRIED FRUITS

Fruit	Cooking Time	Amount of Sugar or Honey
Apricots	About 40 minutes	1/4 c. for each c. fruit
Figs	About 30 minutes	1 T. for each c. fruit
Peaches	About 45 minutes	1/4 c. for each c. fruit
Prunes	About 45 minutes	2 T. for each c. fruit

TEMPERATURES IN CANDY MAKING

BOILED FROSTINGS

1 egg white to 1 c. sugar . . . . . .238-242 degrees, soft ball or thread
2 egg whites to 1 c. sugar . . . . . .244-248 degrees, soft ball or thread
3 egg whites to 1 c. sugar . . . . . .254-260 degrees, firm ball or long thread

CANDY THERMOMETER HINTS

To check candy thermometer accuracy, let stand 10 minutes in boiling water. Thermometer should read 212 degrees; if there is any variation, subtract or add to make the same degree of allowance in testing candy.

Thread	230-234 degrees
Soft ball	234-238 degrees
Medium ball	238-244 degrees
Firm ball	244-248 degrees
Hard ball	248-254 degrees
Very hard ball	254-265 degrees
Light crack	265-285 degrees
Hard crack	290-300 degrees
Caramelized sugar	310-338 degrees

Fudge, opera creams, penuche and cream candies	234-236 degrees, soft ball
Fondants (mints, etc.)	238-240 degrees, soft ball
Marshmallows	238-240 degrees, medium ball
Caramel mixtures	246-252 degrees, firm ball
Taffies	265-270 degrees, hard ball
Butterscotch	290-300 degrees, crack
Brittles	300-310 degrees, hard crack

In using the cold water test, use a fresh cupful of cold water for each test. When testing, remove the candy from the fire and pour about 1/2 teaspoon of candy into the cold water. Pick the candy up in the fingers and roll into a ball if possible.

In the **SOFT BALL TEST** the candy will roll into a soft ball which quickly loses its shape when removed from the water.

In the **FIRM BALL TEST** the candy will roll into a firm but not hard ball. It will flatten out a few minutes after being removed from water.

In the **HARD BALL TEST** the candy will roll into a hard ball which has lost almost all plasticity and will roll around on a plate on removal from the water.

In the **LIGHT CRACK TEST** the candy will form brittle threads which will soften on removal from the water.

In the **HARD CRACK TEST** the candy will form brittle threads in the water which will remain brittle after being removed from the water.

In **CARAMELIZING**, the sugar first melts then becomes a golden brown. It will form a hard brittle ball in cold water.

MICROWAVE HINTS

1. Place on open box of hardened brown sugar in the microwave oven with 1 cup hot water. Microwave at high for 1 1/2 to 2 minutes for 1/2 pound or 2 to 3 minutes for 1 pound.
2. Soften hard ice cream by microwaving at 30% power. One pint will take 15 to 30 seconds; one quart, 30-45 seconds; and one-half gallon 45 seconds to one minute.
3. One stick of butter or margarine will soften in 1 minute when microwaved at 20% power.
4. Soften one 8-ounce package of cream cheese by microwaving at 30% power for 2 to 2 1/2 minutes. One 3-ounce package of cream cheese will soften in 1 1/2 to 2 minutes.
5. Thaw frozen orange juice right in the container. Remove the top metal lid. Place the opened container in the microwave and heat on high power 30 seconds for 6 ounces and 45 seconds for 12 ounces.
6. Thaw whipped topping...a 4 1/2 ounce carton will thaw in 1 minute on the defrost setting. Whipped topping should be slightly firm in the center but it will blend well when stirred. Do not overthaw!
7. Soften Jello that has set up too hard—perhaps you were to chill it until slightly thickened and forgot it. Heat on a low power setting for a very short time.
8. Heat hot packs in a microwave oven. A wet finger tip towel will take about 25 seconds. It depends on the temperature of the water used to wet the towel.
9. To scald milk, cook 1 cup milk for 2 to 2 1/2 minutes, stirring once each minute.
10. To make dry bread crumbs, cut 6 slices bread into 1/2-inch cubes. Microwave in 3-quart casserole 6-7 minutes, or until dry, stirring after 3 minutes. Crush in blender.
11. Refresh stale potato chips, crackers or other snacks of such type by putting a plateful in the microwave oven for about 30-45 seconds. Let stand for 1 minute to crisp. Cereals can also be crisped.
12. Nuts will be easier to shell if you place 2 cups of nuts in a 1-quart casserole with 1 cup of water. Cook for 4 to 5 minutes and the nutmeats will slip out whole after cracking the shell.
13. For stamp collectors: place a few drops of water on stamp to be removed from envelope. Heat in the microwave for 20 seconds and the stamp will come right off.
14. Using a round dish instead of a square one eliminates overcooked corners in baking cakes.
15. When preparing chicken in a dish, place meaty pieces around the edges and the boney pieces in the center of the dish.
16. Shaping meatloaf into a ring eliminates undercooked center. A glass set in the center of a dish can serve as the mold.
17. Treat fresh meat cuts for 15 to 20 seconds on high in the microwave oven. This cuts down meat-spoiling types of bacteria.
18. A crusty coating of chopped walnuts surrounding many microwave-cooked cakes and quick breads enhances the looks and eating quality. Sprinkle a layer of medium, finely-chopped walnuts evenly onto the bottom and sides of a ring pan or bundt cake pan. Pour in batter and microwave as recipe directs.
19. Do not salt foods on the surface as it causes dehydration (meats and vegetables) and toughens the food. Salt the meat after you remove it from the oven unless the recipe calls for using salt in the mixture.
20. Heat left-over custard and use it as frosting for a cake.
21. Melt marshmallow creme in the microwave oven. Half of a 7-ounce jar will melt in 35-40 seconds on high. Stir to blend.
22. Toast coconut in the microwave. Watch closely as it browns quickly once it begins to brown. Spread 1/2 cup coconut in a pie plate and cook for 3-4 minutes, stirring every 30 seconds after 2 minutes.

TABLE OF CALORIES

BEVERAGES

Apple juice, 6 oz. 90
Beer, 8 oz. 100-115
Cola type, 12 oz. 115
Cranberry juice, 6 oz. 115
Gin, whiskey, 1 1/2 oz.
vodka (86 proof) 105
(80 proof) 95
Ginger ale, 12 oz. 115
Grape juice (prepared from frozen concentrate), 6 oz. 142
Lemonade (prepared from frozen concentrate), 6 oz. 85
Milk
protein fortified, 1 c. 105
skim, 1 c. 90
whole, 1 c. 160
Orange juice, 6 oz. 85
Pineapple juice (unsweetened), 6 oz. 95
Root beer, 12 oz. 150
Sherry (dry), 3 oz. 110
Tonic (quinine water), 12 oz. 132
Wine (table), 3 1/2 oz. 85

BREAD

Muffins
blueberry, 1 muffin 110
corn, 1 muffin 125
English, 1 muffin 280
Pumpernickel, 1 slice 75
Rye, 1 slice 60
White, 1 slice 60-70
Whole wheat, 1 slice 55-65

BUTTER OR MARGARINE, 1 T. 100

CEREALS

Cornflakes (plain), 1 c. 96
Granola (plain), 1/2 c. 240
Oatmeal (cooked), 1/2 c. 75
Shredded wheat, 1 c. 146

CHEESE

American, 1 oz. 105
Camembert, 1 oz. 85
Cheddar, 1 oz. 115
Cottage (creamed), 1 oz. 30
Cottage (uncreamed), 1 oz. 21
Farmer's, 1 oz. 100
Mozzarella (whole-milk), 1 oz. 90
Parmesan, 1 oz. 130
Ricotta, 1 oz. 50
Roquefort or blue, 1 oz. 105
Swiss, 1 oz. 105

CHOCOLATE

Milk chocolate, 1 oz. 145-155
Hot, with milk, 1 c. 277

CRACKERS

Graham, 1 cracker 15-30
Rye Crisp, 1 cracker 35
Saltine, 1 cracker 17-20
Wheat Thins, 1 cracker 9

CREAM

Light, 1 T. 30
Heavy, 1 T. 55
Sour, 1 T. 45

EGGS

Fried, 1 large 100
Poached or boiled, 1 large 75-80
Scrambled or in omelet, 1 large 110-130

FISH AND SEAFOOD

Bluefish baked with fat, 3 oz. 135
Clams (medium), raw, 6 clams 96
Crabmeat, cooked, 3 oz. 80
Salmon, broiled or baked, 3 oz. 155
Sardines canned in oil, 3 oz. 170
Scallops, steamed, 3 oz. 96
Shrimp, cooked, 3 oz. 100
Tuna fish,
canned in oil (drained), 3 oz. 170
Tuna fish,
canned in water (drained), 3 oz. 110

Table of Calories Cont'd.

FRUITS

Apple, 1 medium	80-100
Applesauce, sweetened, 1/2 c.	90-115
Applesauce, unsweetened, 1/2 c.	50
Banana, 1 medium	90
Cantaloupe melon, 1/2 c.	24
Cherries (pitted), raw, 1/2 c.	40
Grapefruit, 1/2 medium	60-70
Grapes (American type: Concord, Delaware, Niagara, Catawba, Scuppernong), 1/2 c.	35
Grapes (European type: Malaga, Muscat, Thompson seedless, Flame, Tokay), 1/2 c.	55
Honeydew melon, 1/2 c.	55
Mangoes, 1 medium	90
Oranges, 1 medium	65-75
Peaches, 1 medium	40
Pears, 1 medium	60-100
Pineapple, fresh, uncooked, 1/2 c.	40
Pineapple canned in syrup, 1/2 c.	95
Plums, 1 medium	30
Strawberries, fresh, 1/2 c.	30
Strawberries, frozen and sweetened, 1/2 c.	120-140
Tangerines, 1 large	39
Watermelon, 1/2 c.	42

LUNCHEON MEATS (PACKAGED)

Bologna, 1 slice (1 oz.)	75-95
Corned beef, 1 slice (1 oz.)	55-75
Frankfurter, 2 oz.	120-190
Liverwurst, 1 oz.	90
Pastrami, 1 slice (1 oz.)	40
Pepperoni, 1 slice (1 oz.)	140
Salami, 1 slice (1 oz.)	85-125

MEATS AND POULTRY

Beef, ground (lean), 3 oz.	185
Beef, ground (regular), 3 oz.	243
Beef, roast, 3 oz. (depending on fat content)	200-375
Chicken, broiled, 3 oz.	115
Lamb chop (lean), 3 oz.	200-300
Pork chop (lean), 3 oz.	225-325
Sirloin steak, 3 oz.	300-330
Sirloin steak (lean only), 3 oz.	175
Turkey, dark meat, 3 oz.	175
Turkey, white meat, 3 oz.	150
Veal cutlet, 3 oz.	185
Veal, roast, 3 oz.	230

NUTS

Almonds, 2 T.	105
Cashews, 2 T.	100
Peanuts, 2 T.	105
Peanut butter, 1 T.	95
Pecans, 2 T.	95
Pistachios, 2 T.	92
Walnuts, 2 T.	80

PASTA

Macaroni or spaghetti, 3/4 c. cooked	115

SALAD DRESSINGS

Blue cheese, 1 T.	70
French, 1 T.	65
Italian, 1 T.	80
Mayonnaise, 1 T.	100
Olive oil, 1 T.	124
Russian, 1 T.	70
Salad oil, 1 T.	120

SOUPS

Bean, 1 c.	130-180
Bouillon and consomme, 1 c.	30
Chicken noodle, 1 c.	60-80
Chicken with rice, 1 c.	50
Manhattan clam chowder, 1 c.	80
Minestrone, 1 c.	80-150
New England clam chowder, 1 c.	135
Split plea, 1 c.	145-170
Tomato with milk, 1 c.	170
Vegetable, 1 c.	80-100

VEGETABLES

Broccoli, cooked, 1/2 c.	25
Cabbage, cooked, 1/2 c.	15-20
Carrots, cooked, 1/2 c.	25-30
Cauliflower, 1/2 c.	10-15
Corn (kernels), 1/2 c.	70
Lettuce, shredded, 1/2 c.	5
Mushrooms, canned, 1/2 c.	20
Onions, cooked, 1/2 c.	30
Peas, green, cooked, 1/2 c.	60
Potato	
baked, 1 medium	90
chips, 8-10	100
mashed, with milk and butter, 1 c.	200-230
Tomato	
raw, 1 medium	25
cooked, 1/2 c.	30

YOGURT

Made with whole milk, 1 c.	150-165
Made with partially skimmed milk, 1 c.	125

FOOD QUANTITIES FOR SERVING 25, 50, AND 100 PEOPLE

FOOD	25 SERVINGS	50 SERVINGS	100 SERVINGS
Sandwiches:			
Bread	50 slices or 3 1-lb. loaves	100 slices or 6 1-lb. loaves	200 slices or 12 1-lb. loaves
Butter	1/2 pound	3/4 to 1 pound	1 1/2 pounds
Mayonnaise	1 cup	2 to 3 cups	4 to 6 cups
Mixed Filling (meat, eggs, fish)	1 1/2 quarts	2 1/2 to 3 quarts	5 to 6 quarts
Mixed Filling (sweet-fruit)	1 quart	1 3/4 to 2 quarts	2 1/2 to 4 quarts
Lettuce	1 1/2 heads	2 1/2 to 3 heads	5 to 6 heads
Meat, Poultry, or Fish:			
Wieners (beef)	6 1/2 pounds	13 pounds	25 pounds
Hamburger	9 pounds	18 pounds	35 pounds
Turkey or chicken	13 pounds	25 to 35 pounds	50 to 75 pounds
Fish, large whole (round)	13 pounds	25 pounds	50 pounds
Fish fillets or steaks	7 1/2 pounds	15 pounds	30 pounds
Salads, Casseroles:			
Potato Salad	4 1/4 quarts	2 1/4 gallons	4 1/2 gallons
Scalloped Potatoes	4 1/2 quarts or 1 12 x 20" pan	8 1/2 quarts	17 quarts
Spaghetti	1 1/4 gallons	2 1/2 gallons	5 gallons
Baked Beans	3/4 gallon	1 1/4 gallons	2 1/2 gallons
Jello Salad	3/4 gallon	1 1/4 gallons	2 1/2 gallons
Ice Cream:			
Brick	3 1/4 quarts	6 1/2 quarts	12 1/2 quarts
Bulk	2 1/4 quarts	4 1/2 quarts or 1 1/4 gallons	9 quarts or 2 1/2 gallons
Beverages:			
Coffee	1/2 pound and 1 1/2 gal. water	1 pound and 3 gal. water	2 pounds and 6 gal. water
Tea	1/12 pound and 1 1/2 gal. water	1/6 pound and 3 gal. water	1/3 pound and 6 gal. water
Lemonade	10 to 15 lemons, 1 1/2 gal. water	20 to 30 lemons, 3 gal. water	40 to 60 lemons, 6 gal. water
Desserts:			
Watermelon	37 1/2 pounds	75 pounds	150 pounds
Cake	1 10 x 12" sheet cake 1 1/2 10" layer cakes	1 12 x 20" sheet cake 3 10" layer cakes	2 12 x 20" sheet cakes 6 10" layer cakes
Whipping Cream	3/4 pint	1 1/2 to 2 pints	3 pints

COOKBOOKS

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P O Box 1681 • Kearney NE 68848